

super food ideas

**chocolate
cheesecake**

cheesecake

**NO-BAKE
WHITE CHOC
CHEESECAKE**
see page 15

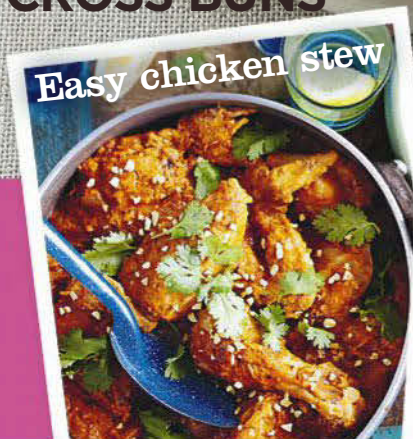
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LICKIN'
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**MIDWEEK
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CHEESECAKE**
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Easter

- CUTE TREATS
- WEEKEND MENU
- GF HOT CROSS BUNS



Pumpkin soup with
bacon croutons



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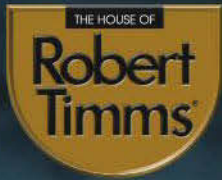
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R. Timms

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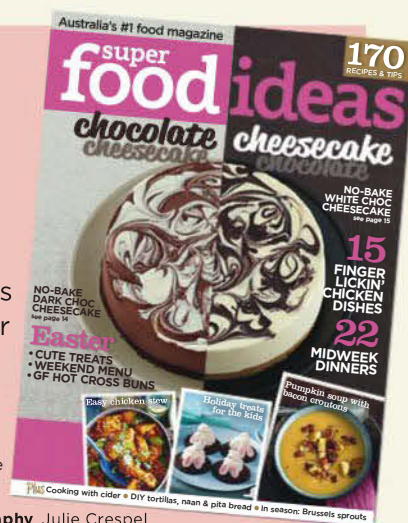
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Cover recipes No-bake dark choc cheesecake, p14, and No-bake white choc cheesecake, p15

Recipes Kim Coverdale **Photography** Julie Crespel
Styling Marie-Helene Clauzon **Food preparation** Emma Braz





this month

Whether you're a breast or a thigh fan, this bird has something for everyone!

Chicken is big in our household. Or to be more precise, we eat a lot of chicken, the chickens themselves are not large. It all started with Chicken Tuesday. With one child who is an incredibly fussy eater, and the other who'll try anything on his plate – literally anything, as we discovered at a Japanese restaurant when he popped the whole wasabi mountain into his gob – chicken suits them both.

Chicken Tuesday is such a hit, in fact, that we now have Chicken Thursday as well. And the chicken is cooked the same way both nights; a whole bird roasted breast-side down in a cast-iron frying pan in a searingly hot oven for 50 minutes. Lemon is squeezed on top and plonked inside, with a sprinkling of salt and a drizzle of extra virgin olive oil.

I don't know how we stumbled on this technique, but it works for us. We mix it up with different sides – salad or cooked greens, or chips or roasted vegies. In our family, quick and not too much fuss is the best way to get dinner on the table on weeknights, while the leftovers do double duty in the lunchbox the next day.

Although we always do a whole chook, other people (perhaps those without picky eaters!!) love chicken for its versatility. Poached, pan-fried, stir-fried, crumbed, on the bone, in fillets – it's so easy to mix it up. That's why we've dedicated a whole feature (p35) to it, using a range of different cuts, a variety of cooking techniques and a bunch of different flavours.

You never know, one day I might proudly write here about a new chicken dish I cooked for dinner that everyone ate. More likely, though, it will be tales of Chicken Sunday.

Rebecca

Rebecca Cox, Editor

For Super Food Ideas recipe success:

- ✳ We use Australian standard measures.
- ✳ In liquid measures, 250ml = 1 cup.
- ✳ Dry ingredients should be measured in level 1 cup, ½ cup, ⅓ cup and ¼ cup measures.
- ✳ 1 tablespoon = 20ml (note NZ, US and UK tablespoon = 15ml).
- ✳ 1 teaspoon = 5ml.
- ✳ We use 59g to 60g eggs.
- ✳ We use 1000-watt microwaves, unless otherwise specified.

Nutrition know-how

gluten free contains no wheat, oats, rye or barley. **heart friendly** low saturated fat, high fibre, lower sodium with heart-friendly fats. **diabetes friendly** low saturated fat, high fibre (not for desserts), lower sodium with lower-GI carbs. **lower GI** contains foods with slowly digested carbohydrate(s), which produce a lower rise in your blood sugar level. **healthy** saturated fat must be < 6g; kilojoules < 3000kJ; sodium < 800mg. **high fibre** contains > 5g of fibre per main meal.

	LOW FAT	LOW SAT FAT	LOWER SODIUM	LOW KILOJOULE
Main meal	< 15g	< 6g	< 600mg	< 2000kJ
Side dish	< 8g	< 3g	< 400mg	< 1000kJ
Light meal	< 10g	< 4g	< 400mg	< 1500kJ
Snack/dessert	< 5g	< 2g	< 200mg	< 600kJ

Email questions about our recipes to superfoodideas@news.com.au



I feel like chicken tonight, and with 15 recipes to choose from this issue, I'm spoilt for choice!

super food ideas

Editor Rebecca Cox, rebecca.cox@news.com.au
Food Editor Kim Coverdale, kim.coverdale@news.com.au
Deputy Food Editor Claire Brookman, claire.brookman@news.com.au
Art Director Sarah Cooper, sarah.cooper@news.com.au
Senior Designer Brydie Noonan, brydie.noonan@news.com.au
Chief Sub-editor Cara Zaetta-Thomas, cara.zaetta-thomas@news.com.au
Junior Sub-editor Rosalie Gordon, rosalie.gordon@news.com.au
Recipe Analysis Susanna Holt
Reader & editorial enquiries Michael Askey-Doran, Ph: (02) 8045 4891, superfoodideas@news.com.au

Advertising sales

National Sales Director Paul Blackburn, paul.blackburn@news.com.au

New South Wales

Group Sales Directors

Belinda Miller Ph: (02) 8045 4651, belinda.miller@news.com.au

Rachael Delalande Ph: (02) 8045 4657, rachael.delalande@news.com.au

Sam Tomlinson Ph: (02) 8045 4676, sam.tomlinson@news.com.au

Victoria

Vic Sales Director

Kim Carollo Ph: (03) 9292 3204, kim.carollo@news.com.au

Group Sales Directors

Sally Paterson Ph: (03) 9292 3217, sally.paterson@news.com.au

Astrid White Ph: (03) 9292 3222, astrid.white@news.com.au

Karen Clements Ph: (03) 9292 3202, karen.clements@news.com.au

Queensland

Qld, SA & WA Sales Director Rose Wegner Ph: (07) 3666 6903, rose.wegner@news.com.au

Advertising Creative

Advertising Creative Director Richard McAuliffe
Advertising Creative Manager Zoe Tack
Advertising Copy Editor Brooke Lewis

Brand Strategy

Director of Brand Strategy Dennis Michael

Head of Sales and Strategy Food Donna Hodges

Group Business Manager Jane Purves, Ph: (02) 8045 4740, jane.purves@news.com.au

Brand Strategy Executive Angela Apostolakis Ph: (02) 8045 4744, angela.apostolakis@news.com.au

ASIA Advertising Kim Kenchington, MediaWorks Asia, Ph: (852) 2886 1106

Production Director Mark Moes

Production Manager Neridah Burke

Advertising Production Janelle Britt, janelle.britt@news.com.au

Marketing Director David Weisz

Marketing Manager Dylan Edwards

Marketing Executive Alyssa Piva

Product Manager – Digital Editions Danielle Stevenson

Chief Executive Officer Nicole Sheffield

Group Publisher – Food Fiona Nilsson

Commercial Director Sev Celik

General Manager – Retail and Circulation Brett Willis



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Subscriptions

Phone Customer Service: 1300 656 933

International: (+61 2) 9282 8023

Mail GPO Box 4093,

Sydney NSW 2001

Email subs@magsonline.com.au

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Tasmanian Smoked Salmon. Gold Orange and Macadamia Cluster Muesli.



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your food ideas

Like something? Hate something?
Cooked something? Took a picture
of it? We love all your feedback!



After school snack attack

I made the beautiful and delicious Lemon fetta dip (Jan/Feb, p30) and served it with wholemeal flatbread for the kids' afternoon tea. With only six ingredients, it was so easy to whip up, and the kids were super impressed! I love your magazine and have every single edition since you began. You never cease to amaze me with your simple and scrumptious recipe ideas!

Rachel Kendon, via email



USED MY NOODLE

I am testing out new recipes and cuisines on my husband, so I thought I would give your Longevity noodles (Jan/Feb, p84) a go, to celebrate Chinese New Year. I made sure not to cut the noodles to avoid bad luck. My husband and I enjoyed eating to a long life! Emer Fahey, via email

Thank you, thank you, thank you! I made your amazing Funfetti angel food cake (Jan/Feb, p15) for my daughter's second birthday and it was amazing! I'm far from a baker, but this recipe was so easy and the cake was delicious.

It was a huge hit! Rachel Merz, via email



Aussie slice

I made the Lamington Slice on page 18, the cover of the Jan/Feb issue, to take to an Australia Day barbecue. It looked fantastic and was totally delicious (and easy). I'll be making this one all year round! Alison Ball, via email



Write in and WIN!

Send letters and emails with a phone number and daytime address to SFI/Readers' Letters, Level 1, Locked Bag 5030, Alexandria NSW 2015, or email us at superfoodideas@news.com.au. Letters may be edited. This month's published readers receive a BeefEater prize pack, \$89.90 each, with a three-piece tool set and hands-free digital thermometer.

Entries open 9/3/15 and close 12/4/15. Australian residents only. Winners selected 15/4/15 at NewsLife Media. Total prize pool valued at \$449.50. For full terms and conditions, visit superfoodideas.com.au. For the NewsLifeMedia Privacy Policy, see p96.



Editorial coordinator, Mike, thinks Rachel nailed this dip. It looks so professional!



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500g chicken mince

1 medium zucchini, grated, moisture squeezed out

½ bunch fresh coriander, chopped

Cooking oil spray

Rainbow Slaw:

1 large fresh beetroot, finely grated

1 small red onion, finely chopped

1 medium carrot, finely grated

½ bunch fresh coriander, chopped, extra

To Serve:

½ cup light sour cream

1. Preheat oven 220°C (200°C fan forced). In a medium mixing bowl combine mince, zucchini and coriander. Roll tablespoonfuls of mixture into balls, with your hands. Coat balls with Crispy Chicken Spice Mix.
2. Place balls in a single layer on baking paper lined tray. Spray with cooking oil. Bake for 20 minutes or until golden.
3. **Rainbow Slaw:** In a bowl combine beetroot, onion, carrot and coriander.
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recipe index

Welcome to our recipe index! Feast your eyes on these delicious dishes before turning to the recipe. Why not highlight your favourites, then get started on your weekly meal plan – we're sure there's room for dessert!

SIDES, STARTERS, SALADS AND SOUP



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Brussels sprouts 'tabbouleh'



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Brussels sprouts with bacon and crunchy garlic crumbs



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Crunchy cos and fennel salad with red grapefruit dressing



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Grilled lemon and dill fish with red quinoa salad

FISH & SEAFOOD

POULTRY



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Chicken meatball stroganoff



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Cinnamon braised chicken with sweet potato and olives



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Combination cauliflower and broccoli fried 'rice'



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Crunchy buttermilk and rosemary chicken wings



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Five-spice chicken skewers with coriander pancakes



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Sumac chicken drumsticks with spiced tomato salad



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Winner, winner chicken dinner! This month, we pay homage to the humble chook in all its forms – whole, thigh, wing, breast, drumstick – with lots of recipes, ideas and tips!

BEEF, PORK & LAMB



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SWEETS



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Cider soda bread with apple chutney

SOMETHING EXTRA



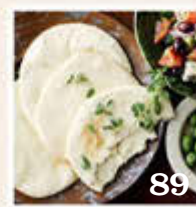
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Flour tortillas



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Garlic naan



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Pita bread

COVER RECIPES

15



14



Take your pick!

No-bake dark choc cheesecake or No-bake white choc cheesecake

seeing double

No, it's not a mirage! Kim has woven her magic and created these two decadent cheesecakes – which one will you choose?

No-bake dark choc cheesecake

Serves 16

Prep 25 minutes

(plus overnight refrigeration and 10 minutes standing)

250g packet Choc Ripple biscuits

75g butter, melted

6 gelatine leaves (see notes)

2 x 180g blocks dark chocolate, chopped

600ml tub thickened cream (see notes)

180g block white chocolate, chopped

750g cream cheese, softened
 1/3 cup Dutch-processed cocoa powder, sifted

1 Grease a 22cm round (base) springform pan. Line base and side with 2 layers of baking paper, extending paper 2cm above edge of pan.

2 Process biscuits in a food processor until finely chopped. Add butter. Process until mixture is well combined. Press over base of prepared pan. Refrigerate until needed.

3 Place gelatine leaves in a small bowl of cold water. Stand for 5 to 7 minutes or until softened.

4 Meanwhile, place dark chocolate in a microwave-safe bowl. Microwave on HIGH (100%), stirring with a metal spoon every 30 seconds, for 1 to 2 minutes or until smooth. Gradually add 1/2 the cream, stirring constantly, until mixture is well combined (see notes). Place white chocolate in a microwave-safe bowl. Microwave on HIGH (100%) for 1 minute or until smooth.

5 Squeeze excess liquid from gelatine and place in a small saucepan over low heat. Cook, stirring constantly, for 30 seconds or until melted. Remove from heat.

6 Using an electric mixer, beat cream cheese until light and fluffy. Add hot gelatine, beating until combined. Add dark chocolate mixture. Beat to combine, scraping down sides of bowl. Add cocoa powder, beat for 1 minute, then beat in remaining cream until combined. Pour mixture into prepared pan. Level top.

7 Working quickly, drizzle white chocolate over top of cheesecake. Run a butter knife through the mixture to create a marbled effect. Refrigerate overnight or until cheesecake has set.

8 Remove cheesecake from pan and place on a serving plate. Stand for 10 minutes before serving.

NUTRITION: (per serve) 2471kJ; 47.3g fat; 30.5g sat fat; 8.2g protein; 32.5g carbs; 0.1g fibre; 97mg chol; 294mg sodium.

\$2.34
per serve

No-bake dark choc cheesecake

Cook's notes

- We used McKenzie's gelatine leaves, available in the baking aisle.
- Stand the cream at room temperature for 20 minutes before using. If it's too cold, the chocolate will seize when adding the cream.
- Mixture will start to set, so keep stirring until well combined.



No-bake white choc cheesecake

Serves 16

Prep 25 minutes

(plus overnight refrigeration and 10 minutes standing)

250g packet Nice biscuits

125g butter, melted

6 gelatine leaves (see notes)

2 x 180g blocks white chocolate, chopped

600ml tub thickened cream (see notes)

180g dark chocolate, chopped

750g cream cheese, softened

2 x 50g sachets coconut milk powder

1 Grease a 22cm round (base) springform pan. Line base and sides with 2 layers of baking paper, extending paper 2cm above edge of pan.

2 Process biscuits in a food processor until finely chopped. Add butter. Process until mixture is well combined. Press over base of prepared pan. Refrigerate until needed.

3 Place gelatine leaves in a small bowl of cold water. Stand for 5 to 7 minutes or until softened.

4 Meanwhile, place white chocolate in a microwave-safe bowl. Microwave on HIGH (100%), stirring with a metal spoon every 30 seconds, for 1 to 2 minutes or until smooth. Gradually add $\frac{1}{2}$ the cream, stirring constantly, until mixture is well combined (see notes). Place dark chocolate in a microwave-safe bowl. Microwave on HIGH (100%) for 1 minute or until smooth.

5 Squeeze excess liquid from gelatine and place in a small saucepan over low heat. Cook, stirring constantly, for 30 seconds or until melted. Remove from heat.

6 Using an electric mixer, beat cream cheese until light and fluffy. Add coconut milk powder. Beat to combine. Add hot gelatine, beating until combined. Add white chocolate mixture. Beat to combine, scraping down sides of bowl. Beat in remaining cream until combined. Pour mixture into prepared pan. Level top.

No-bake white choc cheesecake

\$2.28
per serve

Does the sound of white chocolate and raspberry take your fancy? Swirl the top of the cheesecake with $\frac{1}{3}$ cup raspberry jam, strained, instead of the dark chocolate.

7 Working quickly, drizzle dark chocolate over top of cheesecake. Run a butter knife through mixture to create a marbled effect. Refrigerate overnight or until cheesecake has set.

8 Remove cheesecake from pan and place on a serving plate. Stand for 10 minutes before serving.

NUTRITION: (per serve) 2738kJ; 53.6g fat; 35.6g sat fat; 8.7g protein; 34.2g carbs; 0.2g fibre; 103mg chol; 322mg sodium. ■

Cook's notes

- We used McKenzie's gelatine leaves, available in the baking aisle.
- Stand the cream at room temperature for 20 minutes before using. If it's too cold, the chocolate will seize when adding the cream.
- Mixture will start to set, so keep stirring until well combined.



Winner Relishes Category.
Survey of 15,050 people by Nielsen

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checkout

Cooking with cider, food ed Kim hosts brunch, and winner, winner, chicken dinners!



Takes
40 mins

\$0.85
each

JUST
FIVE
INGREDIENTS

Caramel-filled
chocolate eggs

Entertaining the kids during the holidays can cost a small fortune. This month, we've included lots of cute food to keep little hands busy, and your budget under control! Turn to p90 to see Claire's adorable Easter sweets (even adults will swoon over these), and in every issue from now, be wooed by our cute food recipe

Caramel-filled chocolate eggs

Makes 22

Prep 40 minutes

250g packet plain sweet biscuits

½ x 180g block dark chocolate, chopped

395g can sweetened condensed milk

190g bag hundreds and thousands

2 x 125g packets Caramello Easter eggs, foil removed

1 Line a large baking tray with baking paper. Place biscuits in a food processor. Process until finely chopped. Transfer to a large heatproof bowl.

2 Place chocolate in a microwave-safe bowl. Microwave on MEDIUM (50%) for 2 minutes, stirring every 30 seconds

with a metal spoon, or until melted and smooth.

3 Add melted chocolate and sweetened condensed milk to biscuits. Stir until well combined. Place hundreds and thousands in a small bowl.

4 Working quickly and using 1 tablespoon of biscuit mixture at a time, gently mould mixture around 1 Easter egg to form a ball. Roll ball in hundreds and thousands and press to coat. Place on prepared tray. Repeat with remaining biscuit mixture, Easter eggs and hundreds and thousands. Serve.

NUTRITION: (each) 915kJ; 7.5g fat; 4.4g sat fat; 3.1g protein; 36g carbs; 0.3g fibre; 10mg chol; 63mg sodium. ■

WHAT'S NEW:

apples & cider

You know what they say:
an apple a day keeps the doctor away.

So, what are you waiting for? Check out
Claire's delish recipes using apples and cider

Apple varieties

SUNDOWNER: A cross between Golden Delicious and Lady Williams, Sundowner apples originated in Western Australia, and though they're from the same family as Pink Lady apples, they are much redder in colour. They have a sweet, sharp flavour and are perfect for roasting.

GRANNY SMITH: This popular cooking apple originated in Ryde, New South Wales, in 1868. The apples have bright green skin with white, tangy, tart flesh. They hold their shape well when cooked.

RED DELICIOUS: The most common variety of apple grown in New South Wales, Red Delicious originated in the USA in the 1870s. The apples have five distinctive points on their bases and a crisp, sweet, yellow flesh, making them an extremely popular eating apple.

ROYAL GALA: A relatively new variety of apple to Australia, Royal Gala, which is a cross between a Kidd's Orange Red and Golden Delicious, was introduced to Australia in the 1980s. These apples have pink blush skin featuring stripes ranging from yellow through to orange. They are a perfect eating apple, but also make wonderful apple sauce, as they have a sweet honey flavour and dense crisp flesh.

PINK LADY: Sometimes called the queen of apples, Pink Lady apples are highly versatile. Their crisp texture, firm flesh and high sugar content make them great in pies, sauces and salads. They were originally developed in Western Australia in the 1970s and are a cross between Golden Delicious and Lady Williams.

All about cider

Dry, medium or sweet, still, cloudy or sparkling, cider is made from the fermented juice of apples. Over the past few years, the popularity of cider in Australia has really taken off, with many boutique cider houses opening across the country.

Not just an enjoyable, refreshing alcoholic drink, cider is a deliciously versatile ingredient when used in cooking. It pairs very well with pork, and is great in soups, stews and as a quick gravy base. It is also delicious when used in soda breads, muffins and chutneys.

QUICK IDEAS: Cook 4 pork chops in a large frying pan until well browned or cooked to your liking. Remove and cover with foil. Add 4 cored and quartered Red Delicious apples to pan with ½ cup cider and ½ cup cream. Cook until apples are golden and soft, and mixture is thickened. Serve pork chops with creamy apple and cider sauce, mashed potato and steamed green beans.

For hot spiced cider, place 500ml cider, 1 cinnamon stick, 1 star-anise and 2 whole cloves in a saucepan over low heat. Bring to a simmer. Simmer for 5 minutes, strain and serve. Add sugar or honey to taste.

Sundowner

Granny Smith

Royal Gala

Red Delicious

Pink Lady

*Don't feel like a sandwich?
Serve the pork and slaw with
baked new potatoes instead.*



\$4.18
per serve

high fibre

Slow-cooker pulled
pork and apple slaw

Slow-cooker pulled pork and apple slaw

Serves 6

Prep 20 minutes

Cook 6 to 8 hours (or on high for 4 hours)

- 1 tablespoon extra virgin olive oil
- 1 small brown onion, finely chopped
- 2 garlic cloves, crushed
- 1 teaspoon fennel seeds
- 1 teaspoon ground cumin
- 330ml bottle crushed apple cider
- 2 tablespoons brown sugar
- $\frac{2}{3}$ cup chicken stock
- 1.2kg boneless pork shoulder, rind removed
- $\frac{1}{2}$ cup whole-egg aioli
- 2 teaspoons lemon juice

2 Royal Gala apples, peeled, cored,
cut into matchsticks

2 tablespoons chopped walnuts

2 green onions, thinly sliced

1 tablespoon chopped fresh dill

12 thick slices rye sourdough bread

1 Heat $\frac{1}{2}$ the oil in a large frying pan over medium heat. Add onion. Cook, stirring occasionally, for 5 minutes or until softened. Add garlic, fennel and cumin. Cook for 1 minute or until fragrant. Transfer to the bowl of a 5.5-litre slow cooker. Reserve 1 tablespoon cider. Add remaining cider to slow cooker with sugar and stock. Stir to combine.

2 Heat remaining oil in pan over medium-high heat. Add pork. Cook, turning, for 5 minutes or until browned. Transfer to slow cooker. Cover with lid. Cook on low for 6 to 8 hours (or on high for 4 hours).

3 Using 2 forks, roughly shred pork. Combine aioli, lemon juice and reserved cider in large bowl. Add apple, walnuts, green onion and dill. Season well with salt and pepper. Toss to combine.

4 Place $\frac{1}{2}$ the bread slices on a flat surface. Top with pork and apple slaw. Sandwich with remaining bread slices. Serve.

NUTRITION: (per serve) 2738kJ; 28.9g fat; 5g sat fat; 37.8g protein; 53.9g carbs; 7g fibre; 95mg chol; 866mg sodium. >

Pumpkin and apple cider soup with apple and bacon croutons

Serves 4

Prep 15 minutes

(plus standing)

Cook 40 minutes

1½ tablespoons Cobram Estate Classic

Flavour extra virgin olive oil

1 large brown onion, chopped

2 garlic cloves, crushed

2 sprigs fresh thyme

1kg butternut pumpkin,
peeled, chopped

500g cream delight potatoes,
peeled, chopped

330ml bottle crushed
apple cider

2½ cups chicken stock

2 tablespoons pure cream

2 shortcut bacon rashers, chopped

1 small Fuji apple, peeled, halved,
cored, diced (see note)

1 Heat 1 tablespoon oil in a large saucepan over medium heat. Add onion. Cook for 10 minutes or until golden. Add garlic and thyme. Cook, stirring, for 1 minute or until fragrant. Add pumpkin and potato. Cook, stirring occasionally, for 5 minutes.

2 Add cider and stock. Cover. Bring to the boil. Reduce heat to medium-low. Simmer for 15 to 20 minutes or until potato is tender. Set aside for 5 minutes to cool slightly.

3 Remove and discard thyme. Blend, in batches, until smooth. Return to pan over low heat. Add cream and season with salt

and pepper. Cook, stirring, for 2 minutes or until heated through.

4 Meanwhile, heat remaining oil in a small non-stick frying pan over medium-high heat. Cook bacon, stirring occasionally, for 4 to 5 minutes or until golden and crisp. Transfer to a plate lined with paper towel. Add apple to pan. Cook, stirring occasionally, for 4 minutes or until golden and just tender.

5 Ladle soup into bowls. Sprinkle with bacon and apple. Serve.

NUTRITION: (per serve) 1536kJ; 14g fat; 4.6g sat fat; 8.9g protein; 48.3g carbs; 7.2g fibre; 17mg chol; 892mg sodium.

Cook's note You can use Pink Lady apples in place of the Fujis.

\$3.70
per serve

Pumpkin and apple
cider soup with apple
and bacon croutons





\$1.59
per serve

high fibre

Cider soda bread
with apple chutney

Cider soda bread with apple chutney

Serves 8

Prep 20 minutes

Cook 45 minutes

2½ cups self-raising flour, plus extra
for dusting

2½ cups wholemeal self-raising flour

2 teaspoons baking powder

1 teaspoon bicarbonate of soda

1 teaspoon salt

1 cup buttermilk, plus extra for brushing

1 cup crushed apple cider (see notes)

Extra buttermilk, for brushing

100g vintage cheddar cheese, to serve

Apple chutney

1 tablespoon extra virgin olive oil

1 small brown onion, finely chopped

1 garlic clove, crushed

2 teaspoons yellow mustard seeds

2 whole cloves

2 Golden Delicious apples, peeled,
halved, cored, thinly sliced

2 tablespoons sultanas

⅓ cup cider vinegar

⅓ cup crushed apple cider

1 tablespoon brown sugar

1 Preheat oven to 200°C/180°C fan-forced.

Line a baking tray with baking paper.

2 Sift flours, baking powder, bicarb and salt

into a large bowl. Make a well in the centre.

Add buttermilk and cider. Stir with a butter

knife until combined and a dough forms.

Turn out onto a lightly floured surface.

Lightly knead and shape into a 4cm-thick,

20cm round. Place on prepared tray. Cut

7 shallow slits in dough. Brush with extra

buttermilk. Season with salt and pepper.

Bake for 40 to 45 minutes or until bread

sounds hollow when tapped on the base.

Transfer to a wire rack to cool (see notes).

3 Meanwhile, make Apple chutney Heat oil

in a medium saucepan over medium-high

heat. Add onion. Cook for 5 minutes or

until softened. Add garlic, mustard seeds

and cloves. Cook for 1 minute or until

aromatic. Add apple, sultanas, vinegar,

cider and sugar. Bring to the boil. Reduce

heat to low. Simmer for 10 minutes or

until apple is tender and liquid has been
absorbed. Remove from heat. Remove
and discard cloves. Set aside to cool for
10 minutes (see notes).

4 Slice bread and serve with cheddar
and a dollop of warm chutney.

NUTRITION: (per serve) 1874kJ; 8.9g fat;
3.7g sat fat; 14.8g protein; 70.3g carbs;
7.6g fibre; 15mg chol; 1349mg sodium. ■

Cook's notes

- You'll need a 330ml bottle of cider for this recipe (the remaining cider is used in the chutney).

- Placing soda bread on a wire rack to cool keeps the crust crunchy. If you prefer a softer crust, wrap bread in a clean tea towel.

- Chutney can be made in advance. Cool to room temperature. Transfer to a sterilised 2-cup-capacity glass jar or airtight container. Secure lid. Refrigerate for up to 1 week.

in season:

mandarins

Sweet, juicy, compact and easy to peel, mandarins are the perfect snack and lunchbox filler. There are several varieties available in supermarkets today, all varying in size and sweetness, and some are even seedless, however, they can all be used in the same way.

Perfect partners: Ginger, coconut, poached chicken, roast duck, cinnamon, honey, chilli, mint, dark chocolate, fennel.

Quick idea: Cook mandarin segments in butter, caster sugar, ground ginger and cinnamon until just soft. Use to fill crepes.

avocados

One of the only fruits that contain fat (the good fat, that is!), avos are a great source of vitamin E and fibre. Once picked, they start the ripening process, so if you're going to enjoy them straight away, select fruit that just gives when lightly pressed, otherwise, select firmer fruit, as it will ripen at room temperature within four to five days.

Perfect partners: Lime, coriander, grilled chicken and beef, barbecued prawns, bacon, smoked salmon, grilled corn.

Quick idea: Process avocado, Greek yoghurt, feta and mint for a quick and nutritious dip.

potatoes

Humble spuds are one of the most versatile vegetables available. Delicious in all forms – roasted, mashed, boiled, baked, crushed, sautéed, fried and grated, there's almost nothing you can't do with potatoes... except eat them raw!

Perfect partners: Cream, bacon, roast chicken, cheddar, mayonnaise, sour cream, chives, leek, rosemary, thyme.

Quick idea: Toss thinly sliced potato, garlic, rosemary and olive oil and place on rolled-out pizza dough with blue cheese. Bake until bases are crisp.

leeks

Even though leeks are available all year round, they are at their best from March to September. Always select small- to medium-size leeks, as they are more tender and have a delicate and mild flavour. Baby leeks are also available from farmers' markets and some greengrocers.

Perfect partners: Bacon, potato, pasta, salmon, chicken.

Quick idea: Sauté leeks in butter with pancetta, peas, chicken stock, tarragon and white wine for a lovely side dish.

broccoli

Arguably one of the most powerful vegetables around, as it contains sulphoraphane, which is thought to have cancer-fighting properties, just 100g of broccoli gives you two day's worth of vitamin C – just don't overcook it!

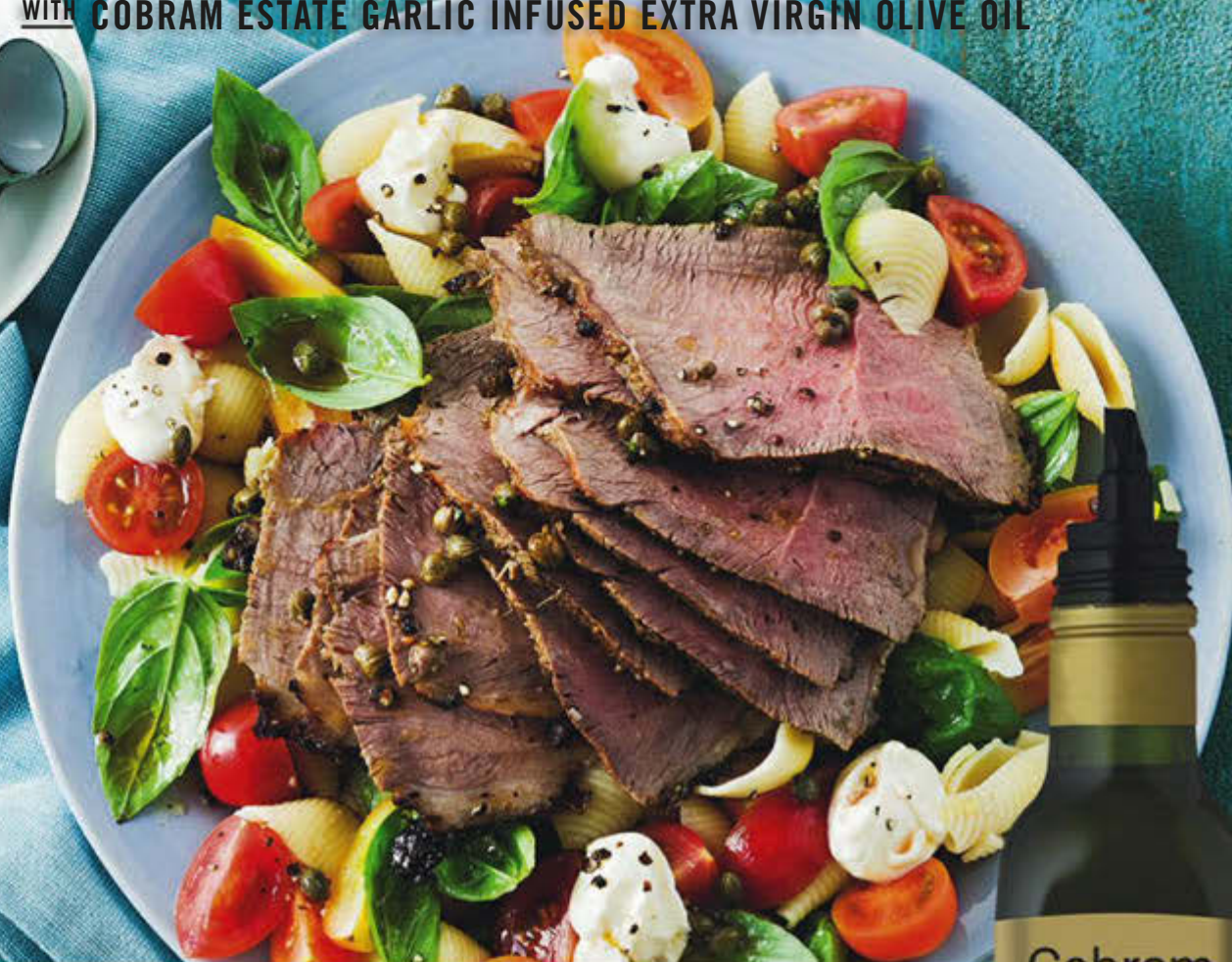
Perfect partners: Cheddar, parmesan, garlic, chilli, soy sauce, oyster sauce, béchamel, lemon, stir-fried beef.

Quick idea: Process broccoli with pine nuts, basil, parmesan, garlic and olive oil. Toss broccoli pesto through cooked pasta in a pan over medium heat until just heated through.



Roasted and Infused

**SUMMER ROAST BEEF WITH CAPRESE PASTA SALAD
WITH COBRAM ESTATE GARLIC INFUSED EXTRA VIRGIN OLIVE OIL**



SUMMER ROAST BEEF WITH CAPRESE PASTA SALAD (SERVES 4)

INGREDIENTS

2 teaspoons Cobram Estate Garlic Infused Extra Virgin olive oil
600g piece beef blade roast
1/3 cup basil pesto
1 tablespoon red wine vinegar
1/2 x 500g packet large dried pasta shells
400g punnet tomato medley
1 cup fresh basil leaves
1/2 cup smooth ricotta

CAPER DRESSING

1 tablespoon Cobram Estate Garlic Infused Extra Virgin olive oil
2 tablespoons red wine vinegar
1 tablespoon baby capers

METHOD:

1. Preheat oven to 220°C/200°C fan-forced. Line a large roasting pan with baking paper. Heat oil in a large frying pan over medium-high heat. Add beef. Cook, turning, for 3 minutes or until browned all over. Transfer beef to prepared pan. Brush all over with combined pesto and vinegar. Season with salt and pepper. Roast for 25 minutes for medium or until cooked to your liking.
2. Meanwhile, cook pasta in a large saucepan of boiling salted water, following packet directions, until tender. Drain. Rinse under cold water. Drain.
3. Cut large tomatoes into quarters and halve the small tomatoes. Place in a bowl with pasta and basil. Toss to combine. Spoon into a serving dish. Dollop with ricotta. Season with pepper.
4. **MAKE CAPER DRESSING** Using a fork, whisk oil, vinegar and capers together until combined.
5. Slice beef and place on salad. Drizzle with caper dressing. Serve.



For more recipe ideas, visit cobramestate.com.au

Smart Shopper

home brands

Generic food products, or home brands, were first introduced into Australian supermarkets in the 1960s, starting with staples such as milk, eggs and sugar. They were low-priced alternatives to branded products, with names such as No Frills, Black & Gold, and Savings, and were marketed squarely at the budget-conscious shopper. These days supermarket-branded products are available in a huge number of categories and they pride themselves on their quality.

Super savings

One in four products in supermarkets are generic, and it's predicted to reach one in three by 2016. And, is it any wonder, with research revealing a cost saving of 44 per cent across all food groups by choosing generic over branded products. However, many shoppers wonder, is it a question of you get what you pay for?

Taste test

CHOICE, Australia's leading, unbiased, consumer website, regularly taste-tests generic and branded products. In a milk chocolate test, it found that Coles chocolate ranked third best out of 11 products, behind well-known premium chocolate brands.

Conversely, branded chocolate is one of the products *SFI* readers told us tasted better than generic options, and is not something they are willing to compromise

on. Similarly, brands that our readers trust, or ones they've grown up with, also influence what goes into their trolleys.

Tips to success

1 No milking around Both generic and branded milk meet the Australia New Zealand Food Standards Code in regards to nutritional value. In the end, it's up to you and your tastebuds!

2 Home sweet home In some cases, generic items are cheaper because they're made from imported ingredients. If you prefer to buy Australian made, look for 'Product of Australia'* on the packaging.

3 High and low Generic products are no longer reserved for budget shoppers. Look out for alternatives in the premium and health categories, too. For example, Woolworths has their Select, Gold and Macro ranges.

4 Trial and error If you're looking to save money, try both options and conduct your own taste-test. As many of our readers noted, it often comes down to each product.



We asked you:

f Do you think branded food products are better in quality than generic products? Which do you prefer to buy?

You said:

- "We mix and match with both generic and branded products. I'm more conscious of where the food comes from, and my decisions are based largely on this. I will always buy Aussie made products." **Carol Lemp**
- "I try both, then continue to buy the one I prefer. I have tried lots of generic foods that are cheaper on the budget and taste great." **Aleisha Brown**
- "It depends on the product and even when and where it's bought. Generic can be good one time, but not the next, as the supplier has changed." **Antonina Strupitis-Haddrick**
- "Whether it's branded or not, it doesn't bother me. It's the quality and where it's grown and made that matters." **Sharon Lloyd Ellem**
- "There are certain products that my mum and nan used, so even if the quality and flavour is comparable, I just don't think I could swap!" **Laura Hibbert**

EXPERT ADVICE

Kim says: "If you aren't loyal to a particular brand, buying the generic version will save money for the branded products you prefer in other categories. When deciding whether or not to buy generic, I usually compare the ingredients. If they're similar, then I might be tempted to give it a go."



Kim Coverdale,
SFI Food Editor



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EasiYo
Real Yogurt

Look for EasiYo Makers and sachets in
Woolworths, Big W and independent supermarkets.

RECIPES
FROM THE
VAULT

a taste of nosh-talgia

What better time than Easter to rediscover this decadent cake, and explore the history of the choccy egg

Chocolate-hazelnut cake

Serves 12

Prep 20 minutes (plus cooling and 15 minutes standing)

Cook 1 hour 10 minutes

200g dark chocolate, chopped

250g butter, softened

1 cup brown sugar

1 teaspoon vanilla essence

2 eggs, at room temperature

1¾ cups self-raising flour

¼ cup cocoa powder

¾ cup milk

1 cup chocolate-hazelnut spread

Small solid chocolate Easter eggs, to decorate

1 Preheat oven to 160°C/140°C fan-forced. Grease a 6cm-deep, 22cm round cake pan. Line base and sides with 2 layers of baking paper.

2 Place chocolate in a microwave-safe bowl. Microwave on MEDIUM (50%), stirring every 30 seconds with a metal spoon, for 2 minutes or until smooth. Set aside to cool slightly.

3 Using an electric mixer, beat butter, sugar and vanilla until light and fluffy. Add eggs, 1 at a time, beating well after each addition. Add cooled chocolate. Beat until just combined.

4 Sift flour and cocoa powder together. Fold ½ the flour mixture into chocolate mixture. Fold ½ the milk into chocolate mixture. Repeat with remaining flour mixture and milk. Spoon mixture into prepared pan. Smooth surface.

5 Bake for 1 hour to 1 hour 10 minutes or until a skewer inserted into centre of cake comes out clean (cover with foil if over-browning). Stand in pan for 15 minutes. Turn out onto a wire rack to cool completely.



\$0.98
per serve

6 Using a spatula, spread chocolate-hazelnut spread all over top of cake. Decorate with Easter eggs. Serve.

NUTRITION: (per serve) 2312kJ; 33.2g fat; 19.1g sat fat; 7.4g protein; 56.8g carbs; 1.2g fibre; 66mg chol; 347mg sodium. ■

chocolate eggs Easter traditions



Lucky for us, chocolate Easter eggs have come a long way from the solid, gritty eggs of the early 19th century!

Well, it can't be denied, we all love tucking into chocolate eggs at Easter, but have you ever wondered where this tradition came from? Why chocolate? And why eggs?

Perfect hatch

Let's talk about the egg part first. For centuries, the egg has represented fertility, new life and rebirth. Long before the emergence of Christianity, eggs were painted or dyed in bright colours and given as gifts to celebrate the arrival of spring.

Later, Christianity adopted the traditions of the spring celebrations, marking the time of the crucifixion and resurrection. Again, the egg became a symbol of rebirth, with the shell representing the tomb, and, when

cracked, the resurrection. Many eggs were dyed red to represent the blood of Christ.

Make it sweet

And now to the chocolate part! The first chocolate Easter eggs were made in Europe in the early 19th century. The eggs were solid and gritty, as the production of eating chocolate was still being finessed.

Two events in the history of chocolate led to the creation of the modern day Easter egg – the invention of separating cocoa butter from the cocoa bean by Dutch inventor Van Houten in 1828, and the introduction of pure cocoa by the Cadbury Brothers in 1866.

The first Cadbury Easter eggs were made of dark chocolate, then, in 1905, with the launch of Cadbury's famous Dairy Milk Chocolate, they 'cracked' the Easter egg market!



Campbell's Real Stock is made from scratch, gently simmered for 3 hours – just like you'd make it. We cook our Chicken Stock with real Australian grown chicken and vegetables. Because we know that using the best, real ingredients will bring out the best flavour in your dish. So why would you use any other stock?

**MADE FROM
SCRATCH**



delicious dips

Bland takes a back seat with these five fabulous dips

shelf talk

1 *plate it up*
Wattle Valley Chunky Dips chargrilled sweet potato with pistachios and sesame



1 Wattle Valley Chunky Dips chargrilled sweet potato with pistachios and sesame, \$4.95



2 Chris' Heritage smoked gouda and roasted almond, \$7.99



3 Deli Originals topped hummus with dukkah, \$2.99



4 Red Rock Deli roasted red capsicum, pecorino, cashews and basil, \$4.93



5 Woolworths Macro spinach dip with garden vegetables, \$4.03

This dip is so moreish! The flavours blend together perfectly, and aren't overpowering, so it's great on an antipasto platter with meats and cheeses. Or up your vegie count by serving it with carrot and capsicum sticks.

Chris has been making dips since 1982, so we were excited to try his new premium range, which comes in terracotta pots, so there's no need to decant before serving. This dip has a smoky flavour, and the almonds add bite.

This Aldi brand hummus is topped with dukkah (an Egyptian spice mixture) and drizzled with olive oil, taking this familiar dip from the everyday to a bit spesh! Apart from serving it with pita bread, it's great dolloped over cooked meat, such as steak or lamb kebabs.

It's famous for its potato chips, but Red Rock Deli also makes a darn good dip! The roasted capsicum has a sweet flavour, and we love the nuttiness of the pecorino and cashews. It also doubles as a pesto over pasta.

A mixture of spinach, carrots, onion, peas, leek and mayonnaise, this dip is a surprise hit! Free from dairy and gluten, it has a fresh flavour and creamy texture, and can easily pass as homemade! You can also stir it through potato salad for a quick side dish.

2 *straight to the table*
Chris' Heritage smoked gouda and roasted almond

3 *so versatile*
Deli Originals topped hummus with dukkah

4 *packs a flavour punch*
Red Rock Deli roasted red capsicum, pecorino, cashews and basil

5 *greens you'll want to eat*
Woolworths Macro spinach dip with garden vegetables

sweet surprise

Filled with gooey melted chocolate eggs, these fluffy muffins are made even more irresistible with **MasterFoods®** Vanillin Sugar. Happy Easter!

easter egg muffins

makes 12 | prep 15 mins | cooking 20 mins

340g (2¼ cups) self-raising flour

155g (¾ cup) caster sugar

1 egg

125ml (½ cup) vegetable oil

185ml (¾ cup) milk

12 mini chocolate Easter eggs, unwrapped

55g (¼ cup) MasterFoods Vanillin Sugar,
for dusting

1 Preheat oven to 180°C /160°C fan forced. Line twelve ⅓-cup capacity non-stick muffin pans with paper patty cases.

2 Sift flour into a bowl and stir in sugar, then make a well in the centre. Combine egg, oil and milk in a jug and pour mixture into the well. Using a large metal spoon, stir until just combined. Do not over mix.

3 Spoon ¾ of the mixture into prepared cases. Press an Easter egg into the centre of each muffin making sure it does not touch the bottom. Spoon over remaining batter, making sure to cover Easter eggs completely. Sprinkle tops of muffins liberally with Vanillin Sugar (approximately 1 tsp per muffin).

4 Bake for 20 minutes or until muffins are light golden and spring back when lightly pressed at centre. Stand in pan for 2 minutes before turning out onto a wire rack. Serve warm.

TIP: Muffins are best eaten on day of baking. Once cooled, you can wrap individually in plastic wrap and freeze for up to 3 months. Leave to defrost and eat at room temperature or warm slightly in the microwave.



SUGAR AND SPICE MAKE ALL THINGS NICE

MasterFoods Vanillin Sugar is a special blend of fine white sugar and aromatic vanilla. In a ready-to-sprinkle bottle, it adds a light fresh flavour to porridge and cereal, and tastes delish sprinkled on fruit or ice-cream. Use it to sweeten coffee or tea and add a little to a smoothie or milkshake. For more recipes and information, visit taste.com.au/easterbaking

MasterFoods®

Why cook when you can create?™

lunchtime specials

These fresh ideas for the lunchbox will make your kids the envy of the playground. The secret? The new range of salad dressings from Kewpie



ROASTED SESAME, TUNA AND AVOCADO INSIDE-OUT ROLLS

Makes 18 pieces

Prep 30 minutes (plus 20 minutes standing and cooling)

Cook 12 minutes

You'll need a sushi mat for this recipe.

1 cup sushi rice

¼ cup mirin seasoning

185g can tuna in olive oil, drained well, finely flaked

¼ cup Kewpie Japanese Dressing: Roasted Sesame

1 tablespoon chopped fresh chives

3 nori sheets

½ medium avocado, thinly sliced

6 canned baby corn spears, halved lengthways

Salt-reduced soy sauce, to serve

1 Rinse and drain rice 3 times or until water runs clear. Place rice in a sieve over a large bowl. Set aside for 10 minutes to drain completely.

2 Place rice and 1 cup cold water in a small saucepan over medium heat. Cover and bring to the boil. Reduce heat to low. Simmer, covered, for 12 minutes or until water is absorbed. Remove from heat. Stand, covered, for 10 minutes.

3 Transfer rice to a large ceramic dish. Using a spatula, stir rice to break up any lumps. Gradually add seasoning, lifting and turning rice as you go, until rice has cooled.

4 Place tuna, dressing and chives in a bowl. Stir until well combined.

5 Place sushi mat on a flat surface.

Cover with plastic wrap. Using damp fingers, spread ⅓ rice mixture over plastic

wrap to cover mat. Top with 1 nori sheet, shiny-side down. Place ⅓ tuna mixture along the edge closest to you. Place ⅓ avocado and ⅓ corn spears over tuna.

6 Tightly roll mat forward, rolling rice over filling and peeling back plastic wrap as you go. Holding mat and plastic wrap, continue to pull forward to roll up rice. Press to seal.

7 Trim ends from roll. Cut roll into 6 slices. Remove and discard plastic wrap. Repeat process to make 12 more pieces. Serve with soy sauce.



New, creamy Kewpie Japanese Dressing: Roasted Sesame has a nutty, sweet sesame taste. Drizzle it over salads and barbecued meats, or simply use for a great dipping sauce.

SOBA NOODLE AND MINI MEATBALL SALAD

Serves 4

Prep 15 minutes
(plus 20 minutes refrigeration)

Cook 10 minutes

400g chicken mince

2 garlic cloves, crushed

1/2 cup panko breadcrumbs

3 green onions, thinly sliced

1/3 cup Kewpie Japanese Dressing:

Sesame Soy

2/3 x 270g packet dried soba noodles

1 small carrot, peeled

1 small Lebanese cucumber, halved
lengthways, diagonally sliced

1 small red capsicum, cut into
2cm pieces

2 teaspoons vegetable oil

Fresh coriander leaves, to serve

1 Combine mince, garlic, breadcrumbs, 2/3 of the onion and 1 tablespoon dressing in a bowl. Season with pepper. Using 2 teaspoons of mince mixture at a time, roll into balls. Place on a plate. Cover with plastic wrap. Refrigerate for 20 minutes or until firm.

2 Meanwhile, cook noodles in a large saucepan of boiling water for 4 minutes or until just tender. Drain. Rinse under cold water. Drain. Transfer to a bowl.

3 Using a vegetable peeler, cut the carrot into ribbons. Add carrot, cucumber, capsicum and remaining onion to noodles.

4 Heat oil in a large non-stick frying pan over medium heat. Cook meatballs, turning, for 5 to 6 minutes or until cooked through. Add to noodle mixture with remaining dressing. Gently toss to combine. Serve meatballs and noodles topped with coriander leaves.



Add instant flavour to salads, sushi and noodles with new Kewpie Japanese Dressing: Sesame Soy. In a handy plastic bottle, it's ideal to take on picnics or for lunch in the office.

Kewpie me!

Make the kids' lunches exciting with a splash of Kewpie. The new range of dressings and wasabi mayonnaise take vegetables, salads, rolls and sandwiches out of the every day. Great as dipping sauces, dressings or to marinate meat, fish and chicken, use the range to boost the flavour of your next barbecue or picnic.



KEWPIE



super spy

Rosie reveals what the team's eating, buying and loving this month

...loved it

With its retro packaging, it was love at first sight (and bite!) when Tyrrells crisps arrived in the office. The hand-cut chips are spun after frying, so they're extra crunchy and don't leave you with greasy fingers. Find the six flavours, \$4.62 each, at Coles.



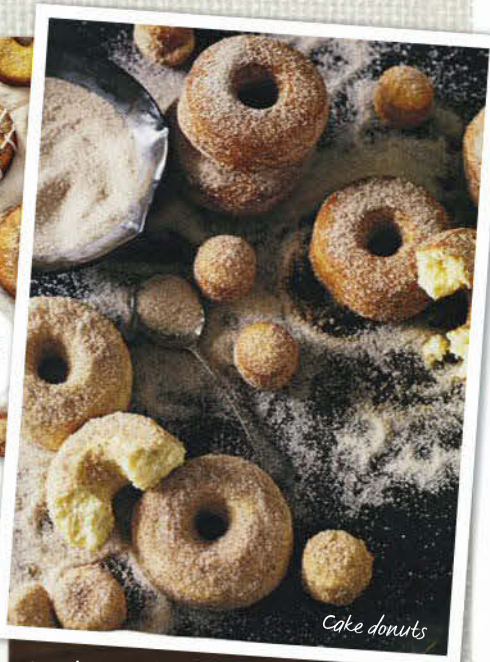
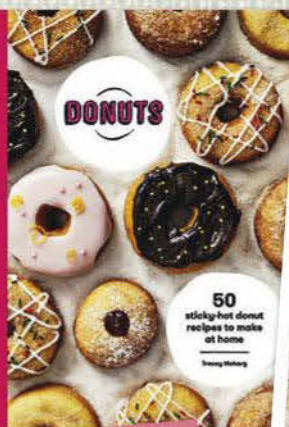
...eyed it

Freedom Foods new nut-free snack bars, \$5.50 for six, are safe for school, and are also rated highly by the new Health Star Rating System. The taste of Cocoa Crunch reminded us of chocolate crackles – yum! Find them at supermarkets.



...cooked it

From the cronut to blow-up li-los, donuts are making a comeback, and if Tracey Meharg's *Donuts* (\$29.99, Murdoch) is anything to go by, they're better and more varied than ever! I made her Cake donuts, which are easy to prepare as there's no yeast, and baked and coated them in the classic combo of sugar and cinnamon. I can't wait to try the different toppings – maple syrup with crispy prosciutto, anyone?



Rosie's version!



for the kids! Lions and rabbits and chicks... oh my! These cute figurines, \$5 each, not only include a popping candy chocolate egg, but when the packaging is unfolded, it turns into a mask for the kids to wear! Sorry Mum and Dad, the Easter bunny gets credit for this one! Find them at Coles.



for the teens! This Easter, Cadbury is releasing its Marvellous Creations popping candy and raspberry chips flavour in mini eggs. The egg bag, \$4.84, is great for sharing, but we completely understand if teens choose not to – they're addictive! Find them at supermarkets.



for the adults! Jamie Oliver has given the humble hot cross bun a zesty twist with his Created with Jamie scrumptious stem ginger hot cross buns, \$5 for four. The ginger is preserved in a sugar syrup and adds a sweet and spicy flavour to the buns. Available in the bakery at Woolworths.



kim's kitchen

Food editor Kim Coverdale shares her top picks to enjoy the perfect brunch at home



Pot of gold

Drizzled over toasted granola or a stack of pancakes, honey makes the sweetest addition to brunch. This glass honey pot and dipper, \$18.95, is a stylish way to serve this golden nectar. Visit purplespoils.com.au.

Two in one!

How do you like your eggs? It's easy to cater for everyone's taste with this Davis & Waddell Rise and Shine non-stick pan, \$29.99. You can cook an omelette on one side, while poaching three eggs on the other. For stockists, call (03) 9474 1300.



Let's jam

Brunch like the royals and serve your jams and chutneys in servingware. You could even make your own condiments - there are plenty of recipes on taste.com.au - and impress your guests even more! Find this Robert Gordon mini compote set, \$22.45, at dtll.com.au.



A cuppa, or six?

This Pantone coffee maker percolator, \$44.95, makes up to six cups of coffee on the stove, so you can forget running back to the kitchen for a refill! It's also available in three- and nine-cup sizes, and comes in a range of colours. Visit beezer.com.au.



Dished out

Moroccan baked eggs are a great option at brunch when you fancy something a little bit special. Bake them in these Chasseur ramekins, \$8.95 for the set, as they can go straight from the oven to the table. Visit kitchenwarehouse.com.au.



LET'S DO brunch

Brunch is the perfect excuse to catch up with friends, or enjoy a lazy Sunday sleep-in!



Press and release

Nothing beats fresh orange juice in the morning, but if you're drinking more pips than pulp, you need this Metrokane Rabbit Mighty OJ citrus juicer, \$54, in your life! It has a funnel which traps pips, and its super-strong lever ensures you get every last drop of juice. Visit chefshat.com.au.



Breakfast in bed

The only thing better than brunch is brunch served in bed! This Target Beach Life round tray, \$10, will make it a breeze for your other half to carry your ordered items from the kitchen to the bedroom. Visit target.com.au.

Milk bar

These 250ml and 500ml glass bottles feature farm animal designs and blackboard decals, so kids can create their own label. From \$14.95 for a set of four, find these Cosmopolitan Colours bottle sets at maxwellandwilliams.com.au.



Waffle house

The aroma of cooked waffles filling the house will make you wish brunch was every day! Add sweet or savoury toppings - my pick is vanilla ice-cream, honeycomb and a drizzle of maple syrup! Find this Ariete waffle maker, \$44.95, at myer.com.au.

YOU'VE NEVER TASTED POPCORN LIKE THIS



Our specially grown Australian popping corn is **COATED** and **BAKED** to seal in the crunch. It's then seasoned with *Gourmet* ingredients for a delicious flavour sensation **POPTOPIA** you've never tasted popcorn like this.



chicken dinner!

We love this popular meat in all its forms. Check out our fab recipes for the whole bird, breasts, thighs, wings and drumsticks – winner, winner, chicken dinner!

Recipes Heidi Flett **Photography** Guy Bailey **Styling** Fiona Sinclair **Food preparation** Amira Georgy **Words** Cara Zaetta-Thomas

Whole chicken

Perfect for roasts, whole chickens are a great budget-friendly option to feed the whole family. Flatten and cook on the barbie, poach and use to make stock for soups and stews, or joint the bird for individual pieces.

HOW TO JOINT A CHICKEN: Place chicken, breast-side up, on a clean chopping board or work surface.

Using poultry shears or a sharp chef's knife, cut the breast in half along the breast bone. Open out chicken slightly and turn breast-side down. Cut along one side of backbone. Repeat on the other side and discard backbone or reserve to make stock.

To remove the legs, cut around both legs, between the thigh and breast. To separate the drumstick from the thigh, position the legs, skin-side down. Using the small line of fat that runs between the leg and the thigh as a guide, cut the drumsticks from the thighs.

Cut each breast in half diagonally. Cut through joint on each side to remove wings. Wrap chicken pieces in plastic wrap, then pop in an airtight bag and freeze for up to three months, or cover and keep in the fridge for up to two days.

Chicken thigh fillets

With a higher fat content, thigh meat is darker than breast meat, and doesn't dry out when cooked, staying moist and tender.

BEST FOR: Ideal in casseroles, curries and stews, they're delicious when marinated and cooked on the barbie.

Chicken wings

Finger-lickin' wings are just that... tasty little morsels! A favourite of both adults and kids, you can't go wrong serving up this budget-friendly cut.

BEST FOR: Marinate, marinate, marinate! From sticky honey soy, chilli and garlic or lemon and ginger, the

possibilities are endless. Cook on the barbie or in the oven, or deep-fry, then leave to drain on paper towel before serving.

Chicken breast fillets

Lean and extremely versatile, breast fillets can become dry, so try not to overcook them.

BEST FOR: Perfect for poaching, as they retain their moisture, chicken breasts are also great simply pan-fried, flattened and made into schnitzels, or sliced into strips and used in stir-fries.

Chicken drumsticks

Any meat on the bone is full of flavour, and because they're economical, fast to cook and kid friendly, drumsticks are an easy weeknight option.

BEST FOR: Great marinated, then roasted or barbecued, drumsticks can also be shallow-fried, used in curries and stews, or try a traditional Italian chicken cacciatore or Thai green chicken curry. >

high fibre
Chicken and
tarragon pot
roast

\$3.14
per serve



one
pot

Whole chicken

Chicken and tarragon pot roast

Serves 4

Prep 15 minutes

Cook 1 hour 15 minutes

2 tablespoons extra virgin olive oil

1.8kg whole chicken

2 sprigs fresh thyme

5 eschalots, peeled, halved

2 garlic cloves, thinly sliced

½ cup dry white wine

1 cup chicken stock

1 bunch baby (Dutch) carrots,
trimmed, peeled

400g baby cream delight potatoes, halved

Extra 2 tablespoons chicken stock

1 tablespoon sour cream

1 tablespoon finely chopped fresh
tarragon, plus extra leaves to serve

100g sugar snap peas, trimmed

1 Heat oil in a large heavy-based
flameproof casserole dish over high heat.
Add chicken. Cook for 5 minutes, turning,
or until browned. Transfer to a large plate.

2 Add thyme, eschalot and garlic to dish.
Cook, stirring, for 2 minutes or until
fragrant. Add wine and stock. Bring to the

boil. Return chicken to dish. Reduce heat to
low. Cover. Simmer gently for 30 minutes.

3 Add carrot and potato to dish. Cook,
covered, for a further 30 minutes or until
potatoes are tender and chicken is just
cooked through. Combine extra stock, sour
cream and tarragon in a small bowl. Add
sour cream mixture and sugar snap peas
to chicken. Cook for a further 5 minutes
or until just tender. Serve sprinkled with
extra tarragon.

NUTRITION: (per serve) 2636kJ; 40.5g fat;
11.2g sat fat; 37.4g protein; 21g carbs; 6.9g
fibre; 156mg chol; 517mg sodium.

West African chicken stew

Serves 4

Prep 15 minutes **Cook** 1 hour

2 tablespoons vegetable oil

1.8kg whole chicken, cut into 8 pieces

(see How to joint a chicken, p35)

1 large brown onion, chopped

2 garlic cloves, crushed

2cm piece fresh ginger, peeled, finely grated

1 teaspoon ground cumin

2 teaspoons ground coriander

½ teaspoon cayenne pepper

¾ cup crunchy peanut butter

1 cup salt-reduced chicken stock

400g can diced tomatoes

1 tablespoon lemon juice

Chopped peanuts and fresh coriander leaves, to serve

Cauliflower rice

1 head (1.2kg) cauliflower, cut into florets

2 tablespoons vegetable oil

4 green onions, thinly sliced

1 Heat oil in a large heavy-based saucepan over medium heat. Cook chicken pieces, in batches, for 2 minutes each side or until golden. Transfer to a large plate.

2 Add onion to pan. Cook, stirring occasionally, for 5 minutes or until softened. Add garlic, ginger, cumin, ground coriander and cayenne pepper. Cook for 30 seconds or until fragrant. Add peanut butter and stock. Stir until smooth and combined. Stir in tomatoes and ½ cup water.

3 Return chicken to pan. Bring to the boil. Reduce heat to low. Cover. Simmer,

stirring occasionally, for 30 minutes or until chicken is almost cooked through. Cook, uncovered, for a further 15 minutes or until sauce has thickened slightly and chicken is cooked. Stir in lemon juice.

Season with salt and pepper.

4 Meanwhile, make Cauliflower rice Place cauliflower in a food processor. Process until finely chopped. Heat oil in a large, deep frying pan over medium heat. Add cauliflower. Cook, stirring occasionally, for 20 minutes or until light golden and tender. Stir in green onion. Season with salt.

5 Serve chicken stew with cauliflower rice and sprinkle with nuts and coriander leaves.

NUTRITION: (per serve) 4317kJ; 78.8g fat; 16.7g sat fat; 54g protein; 24.7g carbs; 11.8g fibre; 150mg chol; 813mg sodium. >



\$4.20
per serve

vegies
7+
per serve

West African
chicken stew

Chicken breast fillets

Miso-crusted chicken with soba noodle salad

Serves 4

Prep 15 minutes **Cook** 20 minutes

2 tablespoons white miso paste

4 green onions, thinly sliced

4cm piece fresh ginger, peeled, finely grated

½ cup panko breadcrumbs

1 tablespoon vegetable oil

4 (800g) chicken breast fillets

Coriander leaves and extra sliced green onion, to serve

Soba noodle salad

270g dried soba noodles

1 carrot, peeled, cut into thin ribbons

½ red capsicum, cut into thin strips
80g snow peas, trimmed, thinly sliced
1 tablespoon sesame seeds, toasted
¼ cup teriyaki sauce

1 Preheat oven 200°C/180°C fan-forced. Line a baking tray with baking paper. Combine miso paste, 2 tablespoons cold water, green onion, ginger and breadcrumbs in a bowl to form a thick paste.

2 Heat oil in a non-stick frying pan over high heat. Cook chicken for 2 minutes each side. Transfer to prepared baking tray. Spread miso mixture over top of chicken. Bake for 15 minutes or until

cooked through. Stand for 5 minutes before thickly slicing.

3 Meanwhile, make Soba noodle salad

Cook noodles in a large saucepan of boiling water, following packet directions, until tender. Drain. Refresh under cold water. Drain. Place noodles in a large bowl. Add carrot, capsicum, snow peas, sesame seeds and teriyaki sauce. Toss to combine.

4 Divide noodle salad among serving plates. Top with chicken, coriander and extra green onion. Serve.

NUTRITION: (per serve) 2522kJ; 10.6g fat; 2.3g sat fat; 59.2g protein; 67.8g carbs; 5.7g fibre; 130mg chol; 2123mg sodium.



low fat | high fibre
low saturated fat

\$4.76
per serve

Takes
35 mins

Asian

Miso-crusted chicken with soba noodle salad

Irish champ potatoes are a mix of mashed potato and green onion. We've also added spinach to up the vegie factor.



\$5.76
per serve

vegie
5+ Takes
per serve 45 mins

high fibre
lower sodium

Poached chicken
with braised cos and
champ potatoes

Poached chicken with braised cos and champ potatoes

Serves 4

Prep 15 minutes **Cook** 30 minutes

- 1 tablespoon extra virgin olive oil
- 4 (800g) chicken breast fillets
- 1 white onion, thinly sliced
- 2 garlic cloves, crushed
- 1 teaspoon dried rosemary
- 2 cups salt-reduced chicken stock
- 2 baby cos lettuces, quartered
- 1 cup frozen peas

Champ potatoes

- 800g cream delight potatoes, peeled, halved

- ½ cup milk, warmed
- 6 green onions, thinly sliced
- 75g baby spinach
- 40g butter

- 1 Make Champ potatoes** Cook potato in a large saucepan of boiling water for 10 minutes or until tender. Drain. Return to the pan. Mash until smooth. Add milk, onion, spinach and butter. Season with salt and pepper. Stir to combine.
- 2 Meanwhile,** heat oil in a large, deep frying pan over medium-high heat. Add chicken. Cook for 2 minutes each side or until light golden. Transfer to a plate.

- 3** Reduce heat to medium. Add onion, garlic and rosemary. Cook, stirring occasionally, for 5 minutes or until onion is tender. Return chicken to pan. Add stock. Cover. Bring to the boil. Reduce heat to low. Simmer for 10 minutes or until chicken is cooked through. Carefully transfer chicken to a chopping board. Thickly slice chicken. Add cos and peas to pan. Simmer for 3 minutes.
- 4** Serve chicken with sauce, cos, peas and champ potatoes.

NUTRITION: (per serve) 2188kJ; 17.2g fat; 8.1g sat fat; 54.2g protein; 33.4g carbs; 7.7g fibre; 148mg chol; 583mg sodium. >



Chicken wings

Crunchy buttermilk and rosemary chicken wings

Serves 4

Prep 30 minutes (plus 2 hours refrigeration) **Cook** 40 minutes

2 cups buttermilk
1 tablespoon dried rosemary
¼ cup lemon juice
2 garlic cloves, crushed
12 chicken wings
1 cup plain flour
1 cup panko breadcrumbs
1 tablespoon smoked paprika
1 teaspoon onion powder
1 teaspoon sea salt
½ teaspoon cayenne pepper
Olive oil cooking spray
Red cos salad with blue cheese aioli
¼ cup whole-egg mayonnaise
2 teaspoons lemon juice
75g blue cheese, crumbled
2 red cos lettuce hearts, quartered lengthways

1 Combine buttermilk, rosemary, lemon juice and garlic in a jug. Cut wing tips from wings and discard. Cut each wing in half at joint. Place in a large shallow glass or ceramic dish. Pour over marinade. Turn to coat. Cover. Refrigerate for 2 hours to allow flavours to develop.

2 Preheat oven to 200°C/180°C fan-forced. Line a large baking tray with baking paper.

3 Combine flour, breadcrumbs, paprika, onion powder, salt and cayenne pepper in a large bowl. One by one, remove chicken wings from marinade, then coat in crumb mixture, shaking off excess. Place on prepared baking tray. Spray with oil.

4 Bake for 35 to 40 minutes or until golden and cooked through.

5 Meanwhile, make Red cos salad with blue cheese aioli Place mayonnaise, lemon juice and blue cheese in a bowl. Whisk to combine, adding 1 tablespoon cold water if mixture is too thick. Place cos on a serving platter. Drizzle with blue cheese dressing. Serve chicken with salad.

NUTRITION: (per serve) 3341kJ; 46.6g fat; 14.3g sat fat; 38.1g protein; 54.8g carbs; 3.5g fibre; 116mg chol; 1008mg sodium.

\$4.13
per serve

Crunchy buttermilk
and rosemary
chicken wings



Sticky chicken wings with caramelised onion and coconut rice

Serves 4

Prep 15 minutes (plus 2 hours refrigeration) **Cook** 40 minutes

2 garlic cloves, crushed

2cm piece fresh ginger, peeled, finely grated

1 teaspoon ground cinnamon

2 tablespoons honey

¼ cup soy sauce

¼ cup tomato sauce

12 chicken wings

Fresh coriander leaves and lemon wedges, to serve

Caramelised onion and coconut rice

1 cup medium-grain white rice

1 tablespoon vegetable oil

6 green onions, sliced

½ cup shredded coconut

1½ tablespoons soy sauce

1 Combine garlic, ginger, cinnamon, honey, soy and tomato sauce in a jug. Place chicken in a large, shallow glass or ceramic dish. Pour over marinade. Turn to coat. Cover. Refrigerate for 2 hours to allow flavours to develop.

2 Preheat oven to 200°C/180°C fan-forced. Line a large baking tray with baking paper. Place chicken on prepared tray. Bake for

35 to 40 minutes or until browned and cooked through.

3 Meanwhile, make Caramelised onion and coconut rice Cook rice following packet directions until tender. Drain. Set aside. Heat a wok over high heat. Add oil. Swirl to coat. Add onion. Stir-fry for 3 minutes or until golden and caramelised. Add coconut. Stir-fry for 2 minutes or until starting to brown. Add soy and rice. Stir-fry for 2 minutes or until well combined and rice is heated through. Serve chicken with rice, coriander and lemon wedges.

NUTRITION: (per serve) 2787kJ; 34.1g fat; 12.3g sat fat; 28.9g protein; 61.3g carbs; 2.1g fibre; 83mg chol; 1399mg sodium. >



Sticky chicken wings with caramelised onion and coconut rice

Chicken drumsticks

Roast chicken drumsticks with pearl couscous and tzatziki

Serves 4

Prep 20 minutes

Cook 40 minutes

1 garlic bulb, halved

1 bunch fresh thyme

1 lemon, thickly sliced

8 chicken drumsticks

2 tablespoons extra virgin olive oil

2 middle bacon rashers,
trimmed, chopped

$\frac{1}{3}$ cup pine nuts

$\frac{1}{4}$ cup currants

250g packet pearl
couscous

2½ cups salt-reduced
chicken stock

100g fetta, crumbled

$\frac{1}{2}$ cup fresh flat-leaf
parsley leaves

2 tablespoons lemon juice

Tzatziki

$\frac{1}{2}$ cup Greek-style yoghurt

1 Lebanese cucumber, halved
lengthways, thinly sliced

1 teaspoon dried mint

Pinch of sea salt

1 Make Tzatziki Place yoghurt, cucumber, mint and salt in a bowl. Stir to combine. Refrigerate until required.

2 Preheat oven to 180°C/160°C fan-forced.

3 Place garlic, thyme, lemon slices and $\frac{1}{2}$ cup cold water in a large baking dish. Top with chicken and drizzle with 1 tablespoon oil. Season with salt and pepper. Bake for 40 minutes or until chicken is golden and cooked through.

4 Meanwhile, heat remaining oil in a medium saucepan over medium heat. Add bacon. Cook, stirring, for 5 minutes or until golden. Add pine nuts, currants and couscous. Toss to coat. Add stock. Cover. Reduce heat to low. Cook, stirring occasionally, for 20 minutes or until tender and liquid is absorbed.

5 Transfer to a heatproof bowl. Add fetta, parsley and lemon juice. Toss well to combine. Serve chicken with couscous and tzatziki.

NUTRITION: (per serve) 3752kJ; 47g fat; 13.1g sat fat; 52.5g protein; 61.7g carbs; 6.6g fibre; 135mg chol; 1392mg sodium.

Pearl couscous (also known as Israeli couscous) is larger than regular couscous. You can find it in the pasta aisle of the supermarket.

\$5.05
per serve



high fibre

Roast chicken
drumsticks with pearl
couscous and tzatziki



\$3.85
per serve



high fibre

Sumac chicken
drumsticks with
spiced tomato salad

*Jazz up the hummus by
topping with toasted pine
nuts and a sprinkle of sumac.*

Sumac chicken drumsticks with spiced tomato salad

Serves 4

Prep 10 minutes
(plus 20 minutes refrigeration)

Cook 40 minutes

- 1 tablespoon ground cumin
- 1 tablespoon sumac
- ½ teaspoon ground cardamom
- 1 teaspoon ground turmeric
- 2 garlic cloves, crushed
- 2 tablespoons Cobram Estate Classic Flavour extra virgin olive oil
- 2 tablespoons fresh flat-leaf parsley leaves, chopped

8 chicken drumsticks

½ cup hummus and 4 Lebanese bread rounds, to serve

Spiced tomato salad

- 1 cup fresh flat-leaf parsley leaves
- ½ cup fresh coriander leaves
- 5 vine-ripened tomatoes, chopped
- ½ red onion, thinly sliced
- 1 teaspoon ground cumin
- 2 tablespoons red wine vinegar
- 2 tablespoons extra virgin olive oil

1 Combine cumin, sumac, cardamom, turmeric, garlic, oil and parsley in a large bowl. Add chicken. Turn to coat. Cover. Refrigerate for 20 minutes.

2 Preheat oven to 180°C/160°C fan-forced. Line a large baking tray with baking paper.
3 Place chicken on prepared tray. Bake for 40 minutes or until chicken is golden and cooked through.

4 **Meanwhile, make Spiced tomato salad** Place parsley, coriander, tomato, onion, cumin, vinegar and oil in a bowl. Toss well to combine.

5 Place hummus in a microwave-safe dish. Microwave on HIGH (100%) for 40 seconds or until just warmed through. Serve chicken with tomato salad, bread and hummus.

NUTRITION: (per serve) 3283kJ; 41.2g fat; 8.2g sat fat; 41.9g protein; 58.6g carbs; 6.4g fibre; 100mg chol; 924mg sodium. ➤

Chicken thigh fillets

Cinnamon braised chicken with sweet potato and olives

Serves 4

Prep 10 minutes **Cook** 30 minutes

2 tablespoons vegetable oil

800g chicken thigh fillets, trimmed,
cut into thirds

2 celery stalks, sliced

1 brown onion, chopped

2 garlic cloves, crushed

1 tablespoon ground cinnamon

400g can cherry tomatoes in juice

1 cup salt-reduced chicken stock

400g sweet potato, peeled,
cut into 2cm pieces

½ cup pitted kalamata olives

1 cup couscous

Lemon zest and fresh flat-leaf parsley
leaves, to serve

1 Heat oil in a large, deep frying pan over high heat. Cook chicken, in batches, for 2 minutes each side or until golden. Transfer to a plate.

2 Reduce heat to medium. Add celery, onion and garlic to pan. Cook, stirring occasionally, for 5 minutes or until onion has softened. Add cinnamon. Cook for 30 seconds or until fragrant. Return chicken to pan. Add tomatoes, stock

and sweet potato. Cover. Bring to the boil. Reduce heat to low. Simmer, stirring occasionally, for 20 minutes or until chicken is tender and cooked through. Season with salt and pepper. Stir in olives.

3 Place couscous in a bowl. Add 1 cup boiling water. Stir to combine. Cover. Stand for 5 minutes. Fluff with a fork to separate grains. Sprinkle with lemon zest.

4 Serve chicken on lemon couscous, sprinkled with parsley leaves.

NUTRITION: (per serve) 2495kJ; 20.5g fat; 4.5g sat fat; 45.4g protein; 53.4g carbs; 7.9g fibre; 158mg chol; 550mg sodium.

heart friendly

Cinnamon braised chicken with sweet potato and olives

\$4.25
per serve

vegies
per serve

Takes
40 mins



Asian

\$4.92
per serve

veg

per serve

barbecue

high fibre

low saturated fat

Five-spice chicken
skewers with
coriander pancakes

Five-spice chicken skewers with coriander pancakes

Serves 4

Prep 20 minutes **Cook** 30 minutes*You'll need 8 metal or pre-soaked
bamboo skewers for this recipe.*

2 tablespoons cornflour

1 tablespoon Chinese five spice

½ teaspoon sea salt

2 tablespoons lemon juice

800g chicken thigh fillets, trimmed,
cut into 4cm pieces

1 long red chilli, thinly sliced diagonally

Sliced green onion, to serve

Coriander pancakes

1½ cups plain flour

¼ cup chopped fresh coriander leaves

1 teaspoon sea salt

2 eggs

Olive oil cooking spray

Wombok salad

2 cups wombok (Chinese cabbage),
shredded

3 green onions, thinly sliced diagonally

1 cucumber, cut into thin ribbons

¼ cup hoisin sauce

1 Place cornflour, five spice, salt and lemon juice in a bowl. Stir to combine. Add chicken. Stir to coat. Thread chicken onto 8 metal or bamboo skewers. Place in a glass or ceramic baking dish. Cover. Refrigerate for 20 minutes to allow flavours to develop.

2 Meanwhile make Coriander pancakes

Place flour, coriander, salt, eggs and 1 cup cold water in a bowl. Whisk until

well combined. Spray a large non-stick frying pan with oil. Heat over medium heat. Pour ½ cup batter into pan. Swirl to cover base. Cook for 2 to 3 minutes or until golden. Turn. Cook for 2 minutes. Transfer to a plate. Cover to keep warm. Repeat with remaining batter to make 4 pancakes.

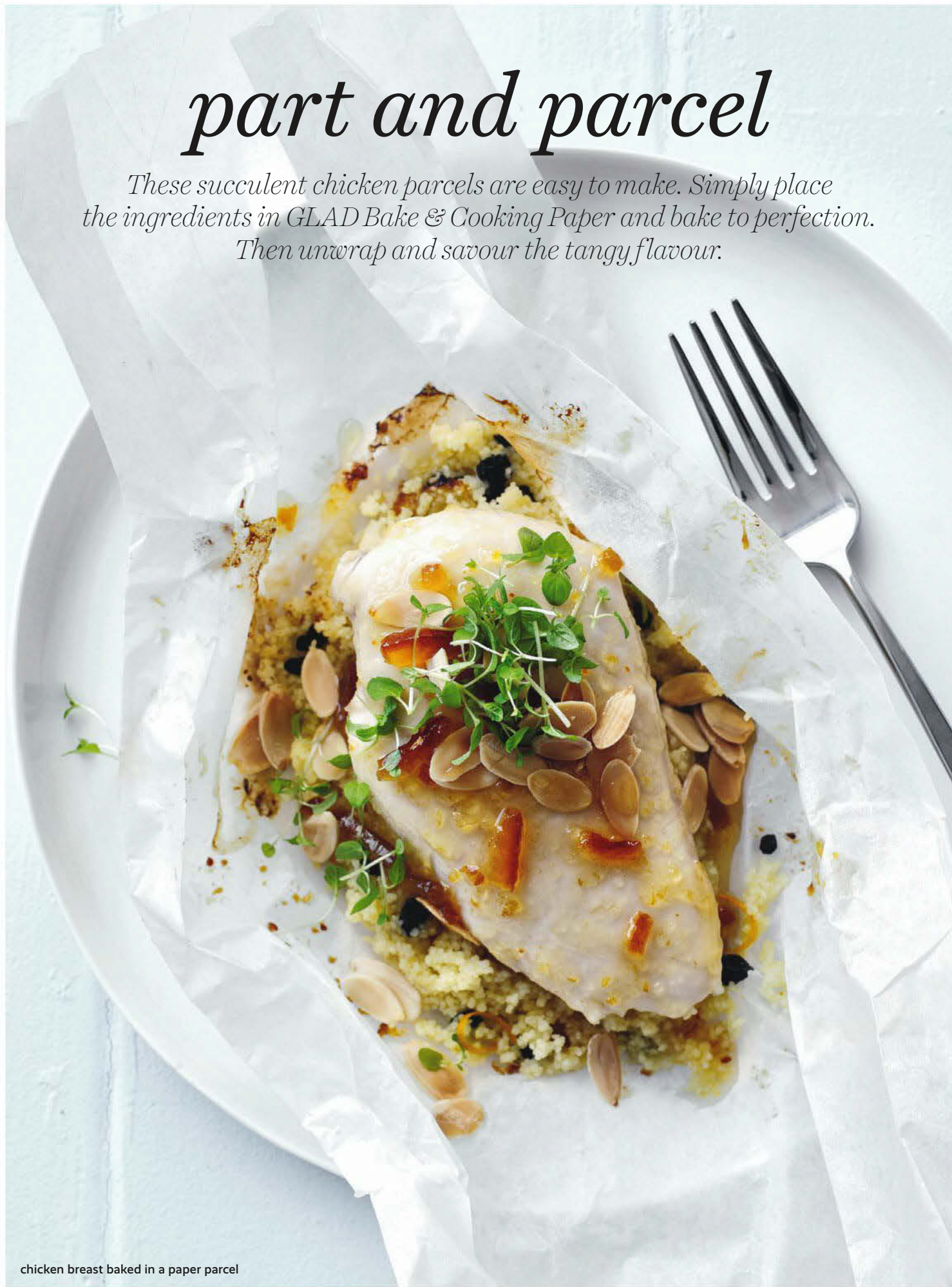
3 Make Wombok salad Place wombok, onion and cucumber in a bowl. Add hoisin and toss to combine.

4 Preheat a greased barbecue plate on high heat. Cook skewers, turning, for 10 minutes or until cooked through. Serve skewers with pancakes and wombok salad, sprinkled with chilli and onion.

NUTRITION: (per serve) 2362kJ; 16.6g fat; 4.3g sat fat; 47.4g protein; 52.9g carbs; 5.8g fibre; 252mg chol; 1184mg sodium. ■

part and parcel

These succulent chicken parcels are easy to make. Simply place the ingredients in GLAD Bake & Cooking Paper and bake to perfection. Then unwrap and savour the tangy flavour.



chicken breast baked in a paper parcel



chicken breast baked in a paper parcel

GLAD Bake & Cooking Paper

½ cup (100g) instant couscous, cooked according to packet instructions

1 tablespoon orange zest

⅓ cup (80ml) orange juice

¼ cup (45g) currants

sea salt and cracked black pepper

4 x 180g skinless chicken breast, trimmed

⅓ cup (115g) orange marmalade

¼ cup (50g) flaked almonds, toasted

micro mint and parsley leaves, to serve (optional)

Preheat oven to 180°C. Cut four 30cm x 45cm pieces of GLAD Bake & Cooking Paper and set aside. Place couscous, orange zest and juice, currants, salt and pepper in a bowl and toss to combine. Place ¼ of the mixture in the middle of each sheet of GLAD Bake & Cooking Paper. Top each with a chicken breast and brush with 1 tablespoon marmalade. Fold over the ends of each piece of paper to enclose the filling and secure each parcel with a small peg. Place on a baking tray and cook for 30-35 minutes or until chicken is cooked through. Unfold the parcels, top with almonds, and parsley and mint leaves, to serve. Serves 4.

ENTERTAINING PERFECTION

With so many uses, GLAD Bake & Cooking Paper is your kitchen helper all year long.

all wrapped up

The non-stick coating on GLAD Bake & Cooking Paper makes it ideal to use when parcel cooking.

seals in goodness

Parcel cooking allows the flavours to mingle and intensify as the food is cooked in its own juices, maximising the taste and aroma.

easy clean-up

When done, remove the paper and throw away; no more scraping and scrubbing.

GLAD's best non-stick performance

GLAD Bake & Cooking Paper is a kitchen essential. Made from high-quality paper capable of withstanding temperatures of up to 230°C, it has a specially designed non-stick coating, ideal for parcel cooking which yields moist, tender results with little fuss. With no need to use additional oil, your family can eat healthily with less mess.

GLAD Bake & Cooking products can be found at your local Woolworths and IGA supermarkets. For more information, visit glad.com.au or facebook.com/gladaustralia



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cooking even easier!



Love this app!! Love the feature of 'cook' mode and 'favourites' makes things easy to find again. Very happy to continue to use this app and very happy with the pricing of in-app purchases : -) **Happy Customer**



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weekdays

Midweek meal solutions, Brussels sprouts ideas and Anzac bickies

Combination cauliflower and broccoli fried 'rice'

Serves 4

Prep 20 minutes **Cook** 10 minutes

½ small (450g) cauliflower, trimmed
1 small (240g) head of broccoli, trimmed
2 tablespoons coconut oil
2 eggs, lightly beaten
2 (300g) skinless chicken thigh fillets, thinly sliced
2 rindless shortcut bacon rashers, roughly chopped
1 large celery stalk, thinly sliced
250g medium green prawns, peeled, deveined, chopped (see box)
4cm piece fresh ginger, peeled, finely grated
2 green onions, thinly sliced
Fresh coriander sprigs and lime wedges, to serve

1 Roughly chop cauliflower and broccoli stems. Set aside. Cut florets into small pieces. Using a food processor, process stems until finely chopped (see note). Transfer to a bowl. Process florets until finely chopped and roughly the same size as the stems. Transfer to bowl.
2 Heat 1 teaspoon coconut oil in a wok over high heat. Add egg. Stir-fry for 30 seconds or until scrambled and just cooked. Transfer to a plate.
3 Add remaining oil to wok over high heat. Swirl to coat. Add chicken and bacon. Stir-fry for 3 minutes or until chicken is browned. Add celery, prawn and ginger. Stir-fry for 3 minutes or until prawn has just changed colour. Add cauliflower and broccoli mixture. Stir-fry for 2 minutes or until almost tender.

4 Remove wok from heat. Add green onion and egg. Toss together until just combined. Season with salt and pepper. Spoon into serving bowls. Top with coriander. Serve with lime wedges.

NUTRITION: (per serve) 1247kJ; 18.3g fat; 10.8g sat fat; 29.7g protein; 2.4g carbs; 3.1g fibre; 216mg chol; 460mg sodium. ■

Cook's note Pieces should be about the size of grains of rice.

ideas timesaver

Save prep time by using green prawn meat available from the seafood counter in most supermarkets.

You can find coconut oil in the Asian or health food aisles of major supermarkets.



\$3.95
per serve

Takes
30 mins

lower sodium

Combination cauliflower and broccoli fried 'rice'



**DO SOMETHING
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EAT LESS MEAT AND BE HEALTHIER

**CARE MORE ABOUT ANIMALS
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10 midweek meals

Give these delicious dishes a try, then add the family's favourites to your recipe repertoire

ideas Sunday prep

1 Make step 3 of the **Pesto chicken and vegetable traybake, p52**. Place chicken in a glass or ceramic baking dish. Cover. Refrigerate for up to 2 days.

2 Make step 1 of the **Pumpkin and chickpea patties with rocket pesto, p54**. Place pesto in a small glass jar. Cover surface with oil. Refrigerate for up to 2 days.

3 Make step 1 of the **Grilled beef and black bean noodles, p55**. Transfer reserved sauce to a small airtight container. Cover beef mixture with plastic wrap. Refrigerate for up to 2 days.

4 Make **Sweet potato, spinach and cashew risotto, p59** to the end of step 2. Cool completely. Place sweet potato in an airtight container. Refrigerate for up to 2 days.



Pesto chicken and vegetable traybake

Pesto chicken and vegetable traybake

Serves 4

Prep 15 minutes

Cook 55 minutes

1 zucchini, thickly sliced

1 small eggplant, cut into 3cm pieces

1 red capsicum, roughly chopped

2 baby fennel, trimmed, quartered

1 tablespoon extra virgin olive oil

1 lemon, quartered

25g butter, softened

2 tablespoons sun-dried tomato pesto

4 chicken marylands

400g can cannellini beans, drained, rinsed

½ cup chopped fresh basil leaves

1 Preheat oven to 180°C/160°C fan-forced.

2 Place zucchini, eggplant, capsicum and fennel in a large roasting pan. Drizzle with oil. Turn to coat. Season with salt and pepper. Place lemon on vegetables.

3 Combine butter and pesto in a small bowl. Using a sharp knife, make 4 x 1cm-deep cuts across the top of each

piece of chicken. Rub ¾ of the pesto butter over chicken.

4 Place chicken on top of vegetables. Roast for 50 to 55 minutes or until chicken is browned and cooked through, and vegetables are tender.

5 Transfer chicken to a plate. Drain any excess oil from vegetables. Add beans and basil. Toss to combine. Serve chicken and vegetables with remaining pesto butter.

NUTRITION: (per serve) 2769kJ; 39.5g fat; 12.8g sat fat; 56.2g protein; 17.3g carbs; 10.1g fibre; 169mg chol; 626mg sodium.

Italian fennel and chilli pork chops with rocket salad

Serves 4

Prep 15 minutes

Cook 10 minutes

2 teaspoons fennel seeds

1 teaspoon dried chilli flakes

½ teaspoon salt

2 tablespoons extra virgin olive oil

4 x 200g pork loin chops

100g baby rocket

50g semi-dried tomatoes, sliced

½ cup pitted kalamata olives

⅓ cup chopped fresh basil leaves

2 tablespoons pine nuts, toasted

⅓ cup shaved parmesan

2 tablespoons balsamic vinegar

1 Place fennel, chilli and salt in a mortar. Pound with pestle until fennel seeds are lightly crushed (see note). Stir in ½ the oil. Rub fennel mixture on both sides of pork chops.

2 Heat a large frying pan over medium-high heat. Cook pork for 4 to 5 minutes each side or until browned and just cooked through. Transfer to a plate. Cover loosely with foil. Rest for 5 minutes.

3 Meanwhile, combine rocket, tomato, olives, basil, pine nuts and parmesan in a large bowl. Whisk vinegar and remaining oil in a small bowl. Season with salt and pepper. Add dressing to salad. Gently toss to combine. Serve chops with salad.

NUTRITION: (per serve) 2037kJ; 34.1g fat; 8.6g sat fat; 35.9g protein; 8g carbs; 2.3g fibre; 93mg chol; 795mg sodium. >

Cook's note If you don't have a mortar and pestle, place spices in a snap-lock bag. Seal bag and firmly roll over with a rolling pin to crush spices.

\$4.78
per serve

super
easy

Takes
25 mins

Italian fennel and
chilli pork chops
with rocket salad



lower sodium

Chicken meatball stroganoff

\$4.70 per serve

Takes 40 mins

classic makeover

Add a salad of mixed lettuce leaves and cherry tomatoes, and a dressing of lemon juice and extra virgin olive oil.



\$2.05 per serve

Takes 45 mins

vegetarian

vegies

per serve

heart friendly

Pumpkin and chickpea patties with rocket pesto

Chicken meatball stroganoff

Serves 4

Prep 15 minutes Cook 25 minutes

500g chicken mince

1 egg, lightly beaten

½ cup fresh breadcrumbs

1 teaspoon smoked paprika

2 tablespoons extra virgin olive oil

1 medium brown onion, halved, thinly sliced

2 garlic cloves, crushed

200g button mushrooms, sliced

1 tablespoon salt-reduced tomato paste

1 tablespoon Worcestershire sauce

1 cup salt-reduced chicken stock

375g dried fettuccine

¾ cup sour cream

½ cup chopped fresh flat-leaf parsley leaves

1 Combine mince, egg, breadcrumbs and ½ the paprika in a bowl. Using clean damp hands, shape level tablespoons of mixture into meatballs.

2 Heat ½ the oil in a large, deep frying pan over medium-high heat. Cook meatballs, in batches, for 4 to 5 minutes or until browned. Transfer to a plate.

3 Heat remaining oil in pan. Add onion, garlic and mushroom. Cook, stirring, for 5 minutes or until onion is softened and mushroom is golden. Add remaining paprika. Cook, stirring, for 1 minute. Add tomato

paste, Worcestershire sauce and stock. Bring to the boil. Return meatballs to pan. Simmer, stirring occasionally, for 5 to 7 minutes or until meatballs are cooked through.

4 Meanwhile, cook pasta following packet directions. Drain well.

5 Stir sour cream and parsley into stroganoff. Season with salt and pepper. Cook for 1 to 2 minutes or until heated through. Serve with pasta.

NUTRITION: (per serve) 3538kJ; 38.2g fat; 16g sat fat; 44.3g protein; 78.6g carbs; 5.8g fibre; 171mg chol; 496mg sodium.

Pumpkin and chickpea patties with rocket pesto

Serves 4

Prep 20 minutes

Cook 25 minutes

500g butternut pumpkin, peeled, chopped

400g can chickpeas, drained, rinsed

100g frozen green beans, thawed, thinly sliced

2 green onions, thinly sliced

1 egg, lightly beaten

½ cup plain flour

Vegetable oil, for shallow-frying

Garden salad, to serve

Rocket pesto

1 cup firmly packed baby rocket

1 garlic clove, chopped

1 tablespoon grated parmesan

2 tablespoons slivered almonds, toasted

2 tablespoons extra virgin olive oil

1 tablespoon lemon juice

1 **Make Rocket pesto** Process rocket, garlic, parmesan and almonds in a food processor until finely chopped. With motor running, gradually add combined oil and lemon juice until mixture is almost smooth. Set aside.

2 Place pumpkin in a microwave-safe bowl. Add 2 teaspoons water. Cover. Microwave on MEDIUM-HIGH (75%) for 5 to 6 minutes or until pumpkin is tender. Drain. Return to bowl. Mash until smooth. Cool for 5 minutes.

3 Roughly mash chickpeas and add to pumpkin with beans, onion, egg and flour. Mix well. Season with salt and pepper.

4 Add enough oil to a large frying pan to cover the base. Heat over medium heat. Spoon ¼ cup mixture into pan. Spread to form a 1cm-thick round. Repeat to make 3 more patties. Cook for 2 to 3 minutes each side or until golden and cooked through.

Transfer to a plate lined with paper towel to drain. Cover to keep warm. Repeat with remaining mixture to make 12 patties. Serve with rocket pesto and salad.

NUTRITION: (per serve) 1850kJ; 30.7g fat; 4.2g sat fat; 10.8g protein; 30.6g carbs; 7.3g fibre; 48mg chol; 215mg sodium.

Grilled beef and black bean noodles

Serves 4

Prep 15 minutes (plus marinating)

Cook 15 minutes

¼ cup black bean sauce

1½ tablespoons sweet chilli sauce

1 tablespoon soy sauce

1cm piece fresh ginger, finely grated

1 tablespoon lemon juice

2 garlic cloves, crushed

500g piece beef rump steak, halved

1 red capsicum, roughly chopped

115g punnet fresh baby corn, halved diagonally

2 baby bok choy, quartered

4 green onions, trimmed, cut into 5cm lengths

3 teaspoons sesame oil

200g packet dried wide rice noodles

(see note)

2 tablespoons fried shallots (see note)

1 Combine sauces, ginger, lemon juice and ½ the garlic in a bowl. Reserve 2 tablespoons sauce. Place remaining sauce in a large, shallow glass or ceramic dish. Add beef. Turn to coat in marinade. Refrigerate for 2 to 3 hours, if time permits.

2 Heat a greased barbecue hotplate or chargrill pan on medium-high heat. Place vegetables, oil and remaining garlic in a large bowl. Toss to coat. Cook vegetables, turning, for 5 minutes or until lightly charred and tender. Transfer to a large bowl. Cover to keep warm.

3 Cook beef for 4 to 5 minutes each side for medium or until cooked to your liking. Transfer to a plate. Cover loosely with foil. Stand for 5 minutes to rest. Thickly slice.

4 Meanwhile, cook noodles following packet directions. Drain. Add noodles and reserved sauce to vegetables. Toss gently to combine. Serve noodle mixture topped with beef and sprinkled with shallots.

NUTRITION: (per serve) 1853kJ; 10.5g fat; 2.5g sat fat; 32.3g protein; 51.6g carbs; 5g fibre; 75mg chol; 1700mg sodium. ➤

Cook's note Find wide rice noodles, sometimes called pad Thai noodles, and fried shallots in the Asian food aisle.

low saturated fat
low fat | high fibre

Grilled beef and black bean noodles

\$3.90
per serve

Asian

barbecue
noodles
per serve

Peppered lamb chops with rhubarb and fetta couscous

Serves 4

Prep 15 minutes

Cook 15 minutes

4 rhubarb stalks, trimmed,
cut into 5cm lengths

Olive oil cooking spray

2 teaspoons honey

8 lamb loin chops (see notes)

1 teaspoon finely ground peppercorn
medley (see notes)

2 tablespoons Cobram Estate Classic
Flavour extra virgin olive oil

1½ cups couscous

1½ cups boiling water

½ red onion, finely chopped

½ cup roughly torn fresh mint leaves

½ cup chopped fresh coriander leaves

100g fetta, crumbled

2 tablespoons lemon juice

1 Preheat oven to 200°C/180°C fan-forced. Line a baking tray with baking paper. Place rhubarb on prepared tray. Lightly spray with oil. Drizzle with honey. Roast for 12 to 15 minutes or until tender.

2 Meanwhile, sprinkle chops with ground peppercorns. Heat ½ the oil in a large frying pan over medium-high heat. Cook chops for 3 to 4 minutes each side for medium or until cooked to your liking.

3 Place couscous in a heatproof bowl. Pour over boiling water. Cover. Set aside for 5 minutes or until water has absorbed. Fluff couscous with a fork to separate grains.

4 Add onion, mint, coriander, fetta, lemon juice, roasted rhubarb and remaining oil to couscous. Gently toss to combine. Serve couscous with lamb chops.

NUTRITION: (per serve) 3066kJ; 30.9g fat; 12g sat fat; 58.5g protein; 51.8g carbs; 4.3g fibre; 141mg chol; 472mg sodium.

Cook's notes

- Lamb loin chops can be replaced with forequarter or leg chops.
- Peppercorn medley is a mixture of dried black, green and white peppercorns. Find it in a grinder in the spice aisle. Replace with cracked black pepper, if preferred.

On a budget? Use lamb forequarter chops and save about \$9.87 in total.

high in iron
lower sodium

Peppered lamb chops
with rhubarb and
fetta couscous

\$4.95
per serve

Takes
30 mins



\$4.58
per serve



diabetes friendly
heart friendly **high in iron**
Tomato braised beef
with orecchiette

*Orecchiette gets its name
from its 'little ears' shape.
It's perfect for catching
the delicious tomato sauce.*

Tomato braised beef with orecchiette

Serves 4

Prep 15 minutes

Cook 2 hours

1 tablespoon extra virgin olive oil
600g beef chuck steak, trimmed,
cut into 5cm pieces
1 brown onion, halved, thinly sliced
1 garlic clove, crushed
2 tablespoons salt-reduced tomato paste
 $\frac{3}{4}$ cup salt-reduced beef stock
2 sprigs fresh oregano
200g punnet sweet solanato tomatoes
(see note)
1 yellow capsicum, roughly chopped
1 large zucchini, cut into 2cm pieces
375g dried orecchiette pasta

1 tablespoon balsamic vinegar
2 tablespoons fresh oregano leaves
 $\frac{1}{3}$ cup grated parmesan

1 Preheat oven to 180°C/160°C fan-forced. Heat $\frac{1}{2}$ the oil in a 10-cup-capacity flameproof roasting dish over medium-high heat. Cook beef, turning, for 5 minutes or until browned. Transfer to a plate.
2 Heat remaining oil in dish. Add onion and garlic. Cook, stirring, for 5 minutes or until softened. Add tomato paste and stock. Stir to combine. Bring to the boil. Return beef to dish. Add oregano sprigs. Cover with foil. Bake for 1½ hours or until beef is tender.
3 Add tomatoes, capsicum and zucchini to dish. Roast, uncovered, for a further

20 minutes or until vegetables are tender.

4 Meanwhile, cook pasta following packet directions. Drain.

5 Transfer beef to a large bowl. Using 2 forks, roughly shred beef. Add vinegar, pasta and beef to vegetable mixture. Gently toss to combine. Sprinkle with oregano leaves. Serve with parmesan.

NUTRITION: (per serve) 2838kJ; 18.5g fat; 6g sat fat; 49.4g protein; 72.1g carbs; 6.6g fibre; 108mg chol; 345mg sodium. ➤

Cook's note Any small sweet tomatoes can be used in place of the solanato tomatoes.



\$5.25 per serve

barbecue

Takes
35 mins

low fat | low kilojoule
lower sodium | low saturated fat

Grilled lemon and dill
fish with red quinoa salad

Grilled lemon and dill fish with red quinoa salad

Serves 4

Prep 15 minutes

Cook 20 minutes

1 cup red quinoa (see notes)

1 teaspoon finely grated lemon rind

2 tablespoons finely chopped
fresh dill leaves

2 tablespoons extra virgin olive oil

4 x 200g firm white fish fillets (see notes)

100g baby spinach

2 celery stalks, thinly sliced

½ small red onion, thinly sliced

2 tablespoons apple cider vinegar

1 teaspoon Dijon mustard

Lemon wedges, to serve

1 Bring 2 cups water to the boil in a medium saucepan over high heat. Add quinoa. Reduce heat to low. Simmer, covered, for 12 to 15 minutes or until tender and water is almost absorbed. Drain well.

2 Meanwhile, combine rind and ½ the dill and oil in a small bowl. Rub mixture over fish. Season with salt and pepper.

3 Heat a barbecue chargrill or hotplate on medium-high heat. Cook fish for 2 to 3 minutes each side or until cooked through.

4 Combine spinach, celery, onion and warm quinoa in a large bowl. Whisk vinegar,

mustard and remaining dill and oil in a small bowl. Season with salt and pepper. Add dressing to salad. Gently toss to combine. Serve fish with salad and lemon wedges.

NUTRITION: (per serve) 1883kJ; 14.2g fat; 2.3g sat fat; 48.9g protein; 28.5g carbs; 4g fibre; 144mg chol; 340mg sodium.

Cook's notes

- Find red quinoa in the health food aisle. Plain or tri-colour quinoa can be used instead.
- You can use blue-eye, barramundi or ling for this recipe.

Lemongrass and coconut chicken curry

Serves 4

Prep 15 minutes **Cook** 35 minutes

2 teaspoons peanut oil

8 small chicken thigh cutlets, skin-on

1 brown onion, finely chopped

2 garlic cloves, crushed

2cm piece fresh ginger, finely grated

1 stalk lemongrass (white part only),
finely chopped

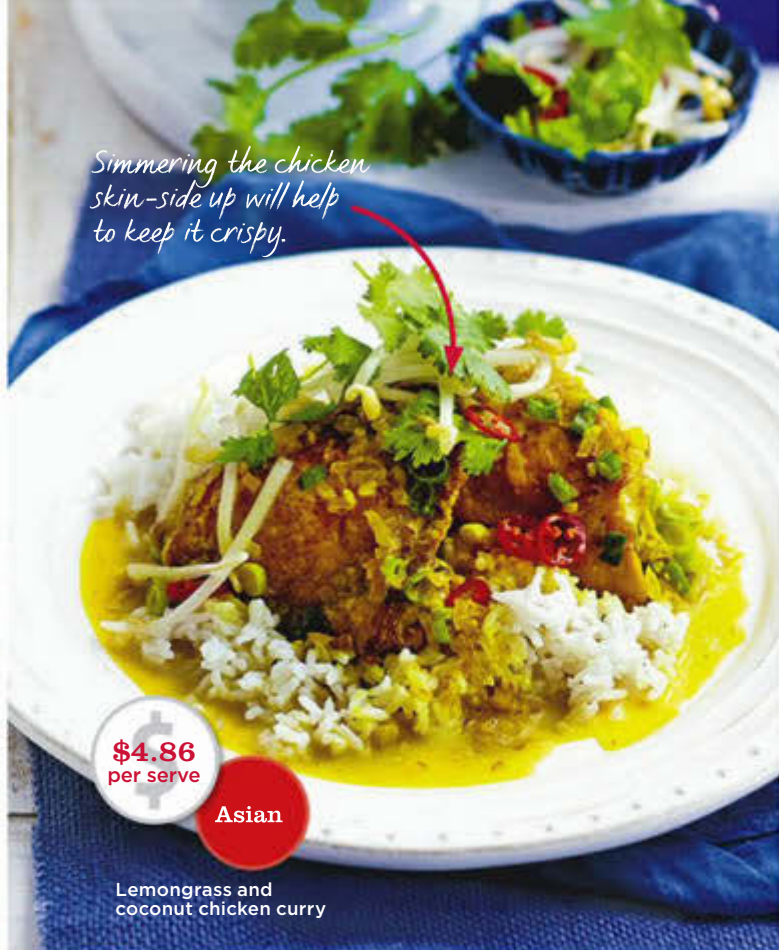
1 teaspoon ground turmeric

1 long red chilli, thinly sliced

400ml can light coconut cream

1½ tablespoons fish sauce

*Simmering the chicken
skin-side up will help
to keep it crispy.*



\$4.86
per serve

Asian

Lemongrass and
coconut chicken curry

2 green onions, thinly sliced

1½ cups bean sprouts

½ cup fresh coriander leaves

4 cups steamed jasmine rice, to serve

1 Heat oil in a large, deep frying pan over medium-high heat. Cook chicken, skin-side down, in batches, for 4 to 5 minutes or until skin is golden and crisp. Turn, cook for a further 2 to 3 minutes or until browned. Transfer to a plate.

2 Drain excess fat from pan, leaving 1 tablespoon. Add brown onion. Cook, stirring, for 5 minutes or until softened. Add garlic, ginger and lemongrass. Cook for 30 seconds. Add turmeric and ½ the chilli. Cook, stirring, for 1 minute or until fragrant. Add coconut cream and fish sauce. Bring to the boil.

3 Return chicken to pan, skin-side up. Reduce heat to low. Simmer, uncovered, for 10 to 12 minutes or until chicken is cooked through. Stir in green onion.

4 Combine bean sprouts, coriander and remaining chilli in a bowl. Divide rice among serving plates. Top with chicken. Drizzle with sauce. Serve topped with bean sprout mixture.

NUTRITION: (per serve) 3187kJ; 39.2g fat; 20.5g sat fat; 39.2g protein; 59.7g carbs; 3.9g fibre; 169mg chol; 934mg sodium.

Sweet potato, spinach and cashew risotto

Serves 4

Prep 10 minutes Cook 35 minutes

400g orange sweet potato, peeled,

cut into 2cm pieces

Olive oil cooking spray

3 cups chicken stock

25g butter

2 teaspoons olive oil

1 brown onion, finely chopped

1 garlic clove, crushed

1½ cups arborio rice

2 tablespoons lemon juice

100g baby spinach

2 tablespoons chopped fresh sage leaves

½ cup grated parmesan

⅓ cup unsalted roasted cashew
nuts, chopped

Lemon halves, to serve

1 Preheat oven to 200°C/180°C fan-forced. Line a large baking tray with baking paper.

2 Place sweet potato on prepared tray. Lightly spray with oil. Roast for 20 to

25 minutes or until tender.

3 Meanwhile, place stock and 1½ cups water in a saucepan over high heat. Cover. Bring to the boil. Reduce heat to low. Simmer while preparing risotto.

4 Heat butter and oil in a large heavy-based saucepan over medium heat. Add onion

and garlic. Cook, stirring, for 3 to 4 minutes or until onion softens. Add rice. Cook, stirring, for 1 minute. Reduce heat to low. Add ½ cup hot stock to rice mixture. Cook, stirring, until stock has absorbed. Repeat with remaining stock, ½ cup at a time, until all liquid is absorbed and rice is tender and creamy (this should take about 30 minutes).

5 Add lemon juice, spinach, sage, parmesan and roasted sweet potato. Stir gently to combine. Cook for 1 to 2 minutes or until heated through. Season with salt and pepper. Top with cashews. Serve with lemon.

NUTRITION: (per serve) 2382kJ; 18.9g fat; 7.3g sat fat; 15.6g protein; 81.1g carbs; 5.3g fibre; 19mg chol; 1123mg sodium. ■



midweek desserts

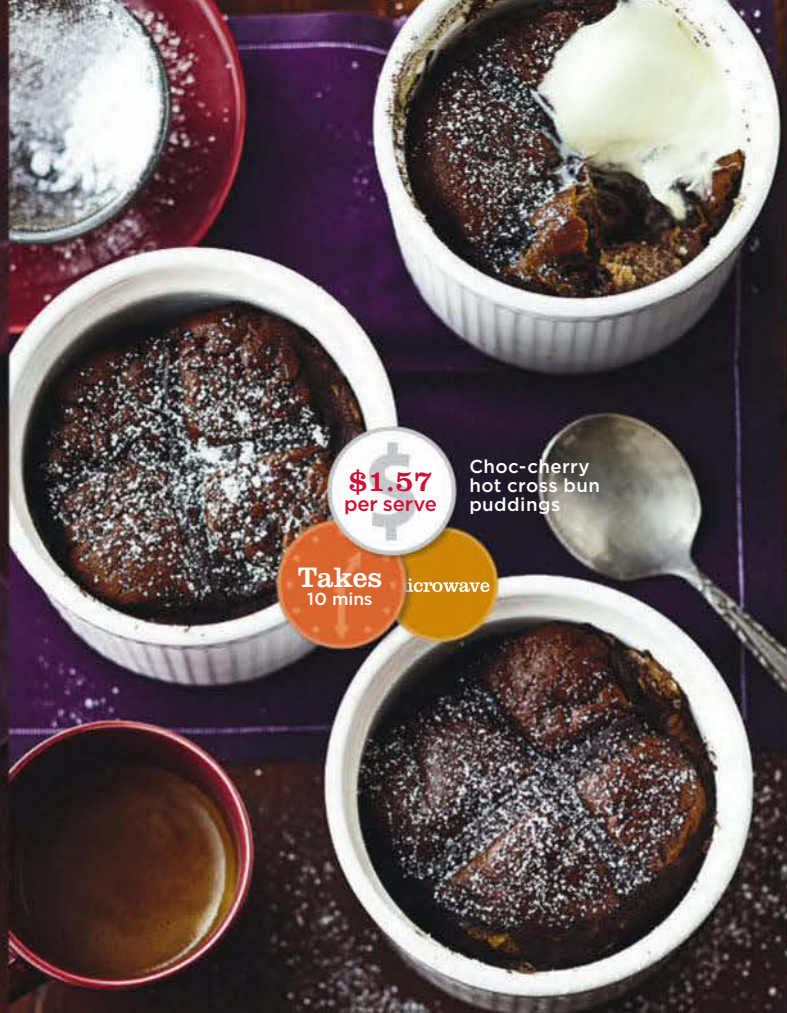
Place ice-cream scoops on a plate and freeze while rhubarb is cooking. This makes them a little firmer and easier to handle when rolling in meringue.



Takes
10 mins

\$1.88
per serve

Poached rosewater
rhubarb with
crunchy meringue
ice-cream



\$1.57
per serve

Takes
10 mins

microwave

Choc-cherry
hot cross bun
puddings

10 minute midweek desserts

Fruity and fresh, or rich and indulgent? No matter the choice, you're in for a treat

Poached rosewater rhubarb with crunchy meringue ice-cream

Serves 4

Prep 5 minutes **Cook** 5 minutes

- 1 bunch rhubarb (500g), cut into 5cm lengths
- 2 tablespoons caster sugar
- 1 tablespoon rosewater
- 20 (60g) mini meringues, finely chopped
- 4 large scoops vanilla ice-cream

1 Place rhubarb, sugar and $\frac{1}{4}$ cup water in a medium saucepan over medium-high heat. Bring to the boil. Reduce heat to medium. Simmer, covered, for 3 to 4 minutes or until rhubarb is just tender. Transfer to a bowl. Stir in rosewater. Cool for 5 minutes.

2 Meanwhile, place meringue on a plate. Roll scoops of ice-cream in meringue to coat. Divide rhubarb mixture among serving dishes. Top with ice-cream. Sprinkle with any remaining meringue. Serve immediately.

NUTRITION: (per serve) 1046kJ; 5.2g fat; 3.6g sat fat; 4.3g protein; 45g carbs; 2.2g fibre; 12mg chol; 61mg sodium.

Choc-cherry hot cross bun puddings

Serves 4

Prep 4 minutes **Cook** 6 minutes

- 4 x Woolworths Gold Belgian chocolate and amarena cherry hot cross buns, split
- 25g butter, softened
- 1 tablespoon raspberry conserve
- 1 tablespoon brown sugar
- $\frac{1}{2}$ tablespoons cocoa powder
- 1 cup milk
- 3 eggs, lightly beaten
- 1 teaspoon vanilla extract
- $\frac{1}{3}$ cup double thick cream
- Icing sugar mixture, to serve

1 Lightly grease 4 x 11cm round ($\frac{1}{2}$ cup-capacity) microwave-safe dishes.

2 Spread cut sides of each bun with butter, then raspberry conserve. Sandwich each bun back together. Cut each bun into quarters through the cross, keeping pieces together. Transfer to prepared dishes.

3 Place sugar and cocoa in a jug. Gradually add milk, whisking until smooth and

combined. Add egg and vanilla. Whisk to combine. Divide mixture evenly among dishes. Gently push buns down into egg mixture to cover.

4 Cover each dish loosely with plastic wrap. Microwave, 2 at a time, on HIGH (100%) for 2 to 3 minutes or until custard is just set (see note). Dollop with cream and serve dusted with icing sugar.

NUTRITION: (per serve) 2192kJ; 29.7g fat; 17.2g sat fat; 13.5g protein; 49.4g carbs; 3g fibre; 188mg chol; 259mg sodium ■

Cook's note We used an 1100-watt microwave for this recipe.

sfi ideas recommends

Woolworths Gold uses rich chocolate and bittersweet cherries in its Belgian chocolate and amarena cherry hot cross buns.



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Bunny tail biscuits, p92

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high fibre
low saturated fat
Lemon-roasted
Brussels sprouts
and potatoes

sprouts' honour

Much maligned, and often overcooked, Brussels sprouts are making a crisp and comely comeback!

Recipes Heidi Flett **Photography** Craig Wall **Styling** Fiona Sinclair **Food preparation** Amira Georgy

Lemon-roasted Brussels sprouts and potatoes

Serves 4

Prep 10 minutes

Cook 40 minutes

400g baby red delight potatoes, quartered

300g Brussels sprouts, halved

3 garlic cloves, halved lengthways

2 teaspoons dried oregano

½ cup chicken stock

¼ cup extra virgin olive oil

1 teaspoon lemon zest

¼ cup lemon juice

Fresh dill sprigs and chopped flat-leaf parsley leaves, to serve

1 Preheat oven to 200°C/180°C fan-forced. Place potatoes and Brussels sprouts in a large roasting dish.

2 Combine garlic, oregano, stock, oil, lemon zest and lemon juice in a bowl. Pour over potatoes and Brussels sprouts. Toss to combine. Season with salt and pepper.

3 Roast for 40 minutes or until liquid is absorbed and potatoes are golden and tender. Sprinkle with dill and parsley. Serve.

NUTRITION: (per serve) 978kJ; 14.7g fat; 2g sat fat; 5.9g protein; 16.2g carbs; 5.6g fibre; 0mg chol; 216mg sodium.

Add an extra \$1 ... for a flavour hit. Serve potatoes and sprouts sprinkled with marinated fetta, drained and crumbled.

Brussels sprouts with bacon and crunchy garlic crumbs

Serves 4

Prep 10 minutes **Cook** 30 minutes

2 thick slices sourdough bread,
crusts removed

2 garlic cloves, crushed

¼ cup curly parsley leaves,
roughly chopped

¼ cup extra virgin olive oil

4 rashers streaky bacon, chopped

1 red onion, chopped

1 teaspoon fresh thyme leaves, chopped

400g Brussels sprouts, halved

¾ cup chicken stock

1 Preheat oven to 200°C/180°C fan-forced. Line a large baking tray with baking paper. Roughly tear bread into small pieces (you'll need 1½ cups of torn bread).

2 Combine bread, garlic, parsley and oil in a bowl. Place on prepared tray. Bake for 10 minutes or until golden. Set aside.

3 Place bacon in a non-stick frying pan over medium heat. Cook for 4 minutes or until golden. Add onion and thyme.

Cook for 2 minutes or until onion starts to soften. Transfer to a heatproof bowl.

4 Return pan to heat. Add Brussels sprouts and stock. Bring to the boil. Cook for 8 minutes or until sprouts are bright green and stock has evaporated. Return bacon mixture to pan. Season with pepper. Cook, tossing, for 2 minutes or until heated through and combined. Transfer to a serving dish. Sprinkle with garlic crumbs. Serve.

NUTRITION: (per serve) 1635kJ; 25.1g fat; 6.1g sat fat; 14.2g protein; 24.4g carbs; 5.6g fibre; 24mg chol; 929mg sodium. >



Takes
40 mins

\$1.70
per serve

veg
per serve

high fibre

Brussels sprouts with
bacon and crunchy
garlic crumbs

Spicy coconut and chilli Brussels sprouts

Serves 4

Prep 10 minutes **Cook** 15 minutes

400g Brussels sprouts, quartered

1 tablespoon coconut oil

1 brown onion, halved, thinly sliced

1 teaspoon sea salt

2 garlic cloves, crushed

3cm piece fresh ginger, peeled,
finely grated

1 long green chilli, seeded, thinly sliced

1 tablespoon garam masala

1 teaspoon ground turmeric

$\frac{1}{3}$ cup shredded coconut

Fresh coriander leaves, to serve

1 Cook Brussels sprouts in a saucepan of boiling water for 3 minutes or until bright green and tender. Drain well.

2 Heat coconut oil in a frying pan over high heat. Add onion and salt. Cook for

5 minutes or until softened. Reduce heat to medium. Add garlic, ginger, chilli, garam masala and turmeric. Cook for 2 minutes, stirring constantly, or until fragrant.

3 Add shredded coconut and Brussels sprouts. Stir to combine. Cook for 5 minutes or until sprouts are golden and crisp. Serve sprinkled with coriander leaves.

NUTRITION: (per serve) 537kJ; 8.6g fat; 6.9g sat fat; 5.1g protein; 5.7g carbs; 5.2g fibre; 0mg chol; 524mg sodium.

Charred Brussels sprout leaves with sweet soy and honey

Serves 4

Prep 20 minutes **Cook** 5 minutes

1 tablespoon kecap manis

1 tablespoon soy sauce

1 tablespoon honey

1 teaspoon sesame oil

3cm piece fresh ginger, peeled,
finely grated

1 garlic clove, crushed

1 tablespoon vegetable oil

500g Brussels sprouts, trimmed,
leaves separated

2 green onions, thinly sliced

1 lime, halved, cut into wedges

1 Place kecap manis, soy, honey, sesame oil, ginger and garlic in a bowl. Stir to combine.

2 Heat vegetable oil in a large frying pan or wok over high heat. Add Brussels sprout leaves. Cook for 2 minutes, without stirring, or until leaves start to char. Add onion. Cook, tossing gently, for 1 minute. Add soy mixture. Toss for 30 seconds or until coated. Transfer to a serving plate. Serve with lime wedges.

NUTRITION: (per serve) 588kJ; 6.2g fat; 0.7g sat fat; 5.7g protein; 13g carbs; 5.4g fibre; 0mg chol; 568mg sodium.

high fibre

Spicy coconut and
chilli Brussels sprouts

\$1.06
per serve

gluten
free

Takes
25 mins

gives
per serve

*Serve with steamed firm
white fish fillets or barbecued
chicken breast fillets.*

Brussels sprouts 'tabbouleh'

Serves 6

Prep 15 minutes (plus 10 minutes cooling)

½ cup wholemeal couscous

½ cup boiling water

⅓ cup Cobram Estate Classic Flavour
extra virgin olive oil

1½ cups fresh flat-leaf parsley,
chopped (see note)

1 cup fresh mint, chopped (see note)

200g Brussels sprouts, trimmed,
finely shredded

3 green onions, finely chopped

250g cherry tomatoes, halved

1 Lebanese cucumber, finely diced

¼ cup lemon juice

1 Place couscous in a heatproof bowl. Add boiling water and 1 tablespoon oil. Cover. Set aside for 5 minutes or until liquid has absorbed. Fluff with a fork to separate grains. Set aside for 10 minutes to cool.

2 Combine couscous, herbs, Brussels sprouts, onion, tomato and cucumber in a bowl.

3 Combine lemon juice and remaining oil in a jug. Season with salt and pepper. Pour over salad. Toss well to combine. Serve.

NUTRITION: (per serve) 826kJ; 13.4g fat; 1.9g sat fat; 4.6g protein; 11.8g carbs; 5.6g fibre; 0mg chol; 70mg sodium. ■

Cook's note You'll need 1 bunch of parsley and ½ bunch of mint.



\$1.40
per serve

Asian

Takes
25 mins

5
vegies
per serve

high fibre
low kilojoule
low saturated fat
Charred Brussels
sprout leaves with
sweet soy and honey



\$1.60
per serve

Takes
25 mins

5
vegies
per serve

heart friendly
Brussels sprouts
'tabbouleh'



AUSTRALIA COAST TO COAST

MARCH 2015

COUNTRY STYLE

ESCAPE THE
EVERYDAY

KEN DONE'S COUNTRY CHILDHOOD

*"I look back on it as
a wonderful boyhood,
very Huckleberry Finn"*

ARTISTS IN RESIDENCE

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ON SALE NOW

weekend

From a long-weekend menu to cute sweets and hot cross buns, we have Easter covered

Pear and golden syrup dumplings

Makes 8

Prep 15 minutes Cook 45 minutes

40g butter

⅓ cup brown sugar

⅓ cup golden syrup

5 (600g) pears, peeled, cored, chopped

⅓ cup dried cranberries

2 tablespoons flaked almonds

½ cup pure cream, to serve

Dumplings

15g butter

½ cup self-raising flour

1 tablespoon brown sugar

¼ teaspoon ground ginger

2 teaspoons golden syrup

1 tablespoon milk

1 Preheat oven to 180°C/160°C fan-forced.

2 **Make Dumplings** Rub butter into flour until mixture resembles breadcrumbs. Stir in sugar and ginger. Stir in golden syrup and milk until mixture forms a stiff dough. Divide into 8 equal portions. Roll into balls.

3 Place butter, sugar, golden syrup and 2 tablespoons cold water in a saucepan over medium heat. Cook, stirring, for 4 to 5 minutes or until sugar is dissolved. Bring to a simmer. Simmer for 2 minutes. Remove from heat.

4 Divide pear between 8 x 1¼-cup-capacity ovenproof teacups. Pour over sauce until it comes halfway up sides of cups. Sprinkle with cranberries. Place 1 dumpling on top of pear in each cup. Cover with foil. Place on a baking tray. Bake for 20 minutes. Remove foil. Sprinkle with almonds. Bake for 10 to 15 minutes, basting dumplings with sauce during cooking, or until golden and puffed. Stand for 2 minutes. Serve drizzled with cream.

NUTRITION: (each) 1229kJ; 14.1g fat;

7.9g sat fat; 2.3g protein; 40.1g carbs;

2.3g fibre; 34mg chol; 140mg sodium. ■

Try using apples and sultanas in place of the pears and dried cranberries – they'll be just as delicious.

\$1.15
each

Pear and
golden syrup
dumplings

weekend away

Sit back, relax and get ready to cook for friends and family this Easter long weekend. Kim's amazing menu takes you from hot cross buns on Good Friday to a feast for lunch on Easter Sunday

Recipes Kim Coverdale **Photography** Andrew Young **Styling** Fiona Sinclair **Food preparation** Claire Brookman

Good Friday breakfast

Hot cross buns with whipped honey pecan butter

Serves 12

Prep 10 minutes **Cook** 2 minutes

125g unsalted butter, softened

2 tablespoons honey

2 tablespoons finely chopped pecans

12 Woolworths Select hot cross buns

- 1 Preheat grill on high.
- 2 Using an electric mixer, beat butter for 5 minutes or until light and fluffy. Add honey. Beat to combine. Fold in pecans.
- 3 Split buns in half. Place, cut-side up, on a baking tray. Grill for 2 minutes or until toasted. Serve buns with butter.

NUTRITION: (per serve) 1409kJ; 13.1g fat; 6.5g sat fat; 5.4g protein; 47.6g carbs; 2.8g fibre; 15mg chol; 165mg sodium. >

ideas variations

- **Spiced orange butter** Add 2 teaspoons finely grated orange rind, 1 tablespoon maple syrup and ½ teaspoon mixed spice to 125g whipped unsalted butter, beating to combine.
- **Choc-hazelnut butter** Beat 125g unsalted butter with ¼ cup chocolate-hazelnut spread.

ideas recommends

Boasting a Sydney Royal Fine Food Awards Silver Medal in 2014, Woolworths Select hot cross buns are the perfect choice for Easter.



Hot cross buns with whipped honey pecan butter

\$0.73
per serve

Takes
12 mins

JUST
FOUR
INGREDIENTS

Menu

GOOD FRIDAY

Breakfast Hot cross buns with whipped honey pecan butter

Family lunch Barbecued seafood platter with smoked paprika and lime aioli

EASTER SATURDAY

Breakfast Oven-baked buttery scrambled eggs with smashed avocado

Late lunch Spice-roasted chicken with spinach and garlic yoghurt
• Crunchy cos and fennel salad with red grapefruit dressing

EASTER SUNDAY

Barbecue lunch Sticky maple cinnamon roasted carrots • Lemon and pistachio roasted potatoes
• Middle Eastern spiced lamb
• Burnt-orange toffee cheesecake



Good Friday family lunch

Barbecued seafood platter with smoked paprika and lime aioli

Serves 8

Prep 30 minutes (plus 15 minutes refrigeration) **Cook** 15 minutes

4 large (600g) cleaned squid hoods

32 medium green prawns, peeled, deveined (tails intact)

6 firm white fish fillets, cut into 5cm pieces (we used snapper)

2 garlic cloves, crushed

¼ cup extra virgin olive oil

1 tablespoon lime juice

2 tablespoons chopped fresh oregano

2 tablespoons chopped fresh flat-leaf parsley

Lime halves, extra fresh oregano and flat-leaf parsley, green salad and crusty bread, to serve

Smoked paprika and lime aioli

2 teaspoons extra virgin olive oil

1½ teaspoons smoked paprika

1 cup whole-egg aioli

1½ tablespoons lime juice

1 Cut squid hoods in half lengthways. Score the inside flesh on an angle and cut into 3cm-wide pieces. Place squid, prawns and fish in a large glass or ceramic dish. Combine garlic, oil, lime juice, oregano and parsley in a separate bowl. Season with pepper. Add to seafood. Toss to coat. Cover and refrigerate for 15 minutes.

2 Meanwhile, make **Smoked paprika and lime aioli**

Heat oil in a small frying pan or saucepan over medium heat. Add paprika. Cook, stirring, for 1 minute or until fragrant. Set

aside to cool completely. Combine aioli and lime juice in a bowl. Season with salt and pepper. Cover and refrigerate until ready to serve.

3 Heat a greased barbecue chargrill and hotplate on medium. Cook fish on hotplate for 3 to 4 minutes each side or until just cooked through. Cook prawns and squid on chargrill, turning, for 2 to 3 minutes or until prawns turn pink and squid is cooked through. Place seafood on a serving platter. Season with salt and pepper.

4 Drizzle aioli with paprika oil, swirling to combine. Serve seafood with aioli, lime halves, extra oregano and parsley, salad and crusty bread.

NUTRITION: (per serve) 2946kJ; 36.9g fat; 5.4g sat fat; 57.8g protein; 34.8g carbs; 2.6g fibre; 345mg chol; 1143mg sodium. >

Spice up your seafood platter even more with some fried chilli! Simply pan-fry sliced red chilli in extra virgin olive oil for 1 minute or until just starting to change colour and turn crisp. Drain on paper towel before serving.



Happy Easter from the fresh food people

You'll find everything you need to celebrate with friends and family this Easter at Woolies

- ✓ hot cross buns
- ✓ tiger prawns
- ✓ Atlantic salmon
- ✓ fresh bread

Shop at your local Woolworths or visit woolworths.com.au



barbecue

\$8.81
per serve

Barbecued seafood
platter with smoked
paprika and lime aioli



Add extra sweetness and zing to your tomatoes by drizzling with balsamic vinegar before roasting.



Easter Saturday breakfast

Oven-baked buttery scrambled eggs with smashed avocado

Serves 8

Prep 15 minutes

Cook 30 minutes

2 avocados, halved

2 tablespoons lime juice

½ cup marinated fetta, roughly mashed

2 tablespoons roughly chopped dill sprigs

2 x 250g packets cocktail truss tomatoes

1 tablespoon extra virgin olive oil

16 eggs

⅔ cup milk

50g butter, chopped

8 middle bacon rashers, trimmed, halved

Extra fresh dill sprigs, to serve

16 slices sourdough, toasted

1 Preheat oven to 190°C/170°C fan-forced.

2 Place avocado and lime juice in a bowl. Stir with a fork, mashing avocado lightly. Add fetta and dill. Season with salt and pepper. Stir until just combined. Cover. Refrigerate until ready to serve.

3 Place tomatoes on a baking tray. Drizzle with oil. Season with salt and pepper. Place on bottom shelf of oven.

4 Whisk eggs and milk together in a large bowl. Season with salt and pepper. Place ½ the butter in a large roasting pan (about 10-cup-capacity). Heat pan on top shelf of oven for 2 minutes or until butter is melted. Remove from oven. Pour egg mixture into pan. Bake for 5 minutes. Stir

mixture, scraping down sides. Continue to cook eggs and tomatoes, stirring eggs gently every 3 to 5 minutes, or until egg is cooked to your liking and tomatoes are just starting to collapse (this will take about 20 minutes in total). Stir remaining butter into egg mixture.

5 Meanwhile, cook bacon, in batches, in a large frying pan over medium-high heat until browned. Transfer to a plate lined with paper towel.

6 Sprinkle scrambled eggs with extra dill. Serve with smashed avocado, tomatoes, bacon and sourdough toast.

NUTRITION: (per serve) 2697kJ; 40.6g fat; 14.6g sat fat; 32.6g protein; 35.1g carbs; 4.9g fibre; 412mg chol; 1466mg sodium. >

Takes
45 mins
\$4.25
per serve

vegie
per serve

Oven-baked buttery
scrambled eggs with
smashed avocado

Dark red in colour, sumac is a tangy spice with a slightly citrus flavour.

\$4.67
per serve

Spice-roasted
chicken with
spinach and
garlic yoghurt

Easter Saturday late lunch

Spice-roasted chicken with spinach and garlic yoghurt

Serves 8

Prep 25 minutes

Cook 1 hour 45 minutes

You'll need unwaxed kitchen string.

- 1 tablespoon sumac
- 1 teaspoon ground chilli powder
- 3 teaspoons dried oregano
- 3 garlic cloves, crushed
- ¼ cup extra virgin olive oil
- 2 x 1.3kg whole chickens
- 1 lemon, cut into thin wedges
- 200g tub beetroot dip
- 200g tub eggplant dip
- 400g Turkish bread, sliced, toasted, to serve
- Lemon wedges and fresh flat-leaf parsley sprigs, to serve
- Spinach and garlic yoghurt**
- 2 teaspoons extra virgin olive oil
- 1 garlic clove, finely chopped
- 100g baby spinach, roughly shredded
- ¾ cup plain Greek-style yoghurt
- 1 tablespoon chopped fresh flat-leaf parsley

- 1 Preheat oven to 180°C/160°C fan-forced.
- 2 Combine sumac, chilli powder, oregano, garlic and oil in a bowl.

- 3 Rinse chickens (including cavity) under cold water. Pat dry inside and out with paper towel. Line a large roasting pan with baking paper. Place chickens in pan. Rub chickens all over with sumac mix. Divide lemon wedges between chicken cavities. Tie legs together with kitchen string to secure. Season well with salt and pepper.
 - 4 Roast for 1 hour 45 minutes, basting with pan juices halfway through, or until chickens are golden and cooked through.
 - 5 Meanwhile, make **Spinach and garlic yoghurt** Heat oil in a small frying pan over medium heat. Add garlic. Cook, stirring, for 30 seconds or until fragrant. Add spinach. Cook, stirring occasionally, for 2 to 3 minutes or until just wilted. Set aside to cool completely. Squeeze excess moisture from spinach. Transfer to a bowl. Stir in yoghurt and parsley. Season with salt and pepper.
 - 6 Remove and discard string from chickens. Cut into portions. Place on a serving board. Place yoghurt and dips in separate serving bowls. Serve with bread and lemon wedges, and sprinkle with parsley.
- NUTRITION:** (per serve) 2889kJ; 40.9g fat; 11.1g sat fat; 48.1g protein; 31.3g carbs; 2.6g fibre; 197mg chol; 789mg sodium.

Crunchy cos and fennel salad with red grapefruit dressing

Serves 8

Prep 20 minutes

- 2 cos lettuce hearts, leaves roughly chopped
- 1 continental cucumber, thinly sliced
- 1 bunch radishes, trimmed, thinly sliced
- 1 fennel bulb, trimmed, thinly sliced
- 2 tablespoons fresh mint leaves
- ¼ cup fresh coriander leaves
- 2 tablespoons fresh dill sprigs
- Red grapefruit dressing**
- 1 large ruby red grapefruit
- 2 tablespoons extra virgin olive oil
- ¼ teaspoon caster sugar

- 1 Make **Red grapefruit dressing** Remove peel and white pith from grapefruit. Working over a bowl to catch excess juice, use a small knife to cut down either side of the membrane to release segments. Squeeze excess juice from membrane into bowl. Finely chop segments and add to bowl with juice (see note). Add oil and sugar to bowl. Season with salt and pepper. Whisk with a fork to combine.
 - 2 Toss lettuce, cucumber, radish, fennel, mint, coriander and dill in a large bowl. Arrange on a serving plate. Drizzle with dressing. Serve immediately.
- NUTRITION:** (per serve) 303kJ; 4.7g fat; 0.6g sat fat; 1.3g protein; 5.8g carbs; 2.3g fibre; 0mg chol; 52mg sodium.

Cook's note You'll need at least 2 tablespoons of juice.

\$1.74
per serve

Takes
20 mins

gluten
free

veg
per serve

low kilojoule

lower sodium

low saturated fat

Crunchy cos and
fennel salad with red
grapefruit dressing

Easter Sunday feast

Sticky maple cinnamon roasted carrots

Serves 8

Prep 15 minutes **Cook** 50 minutes

2 bunches rainbow baby carrots, trimmed, scrubbed

1 cinnamon stick

2 tablespoons maple syrup

1 garlic clove, halved, thinly sliced

1cm piece fresh ginger, cut into thin matchsticks

1 tablespoon extra virgin olive oil

Fresh coriander leaves, to serve

1 Preheat oven to 200°C/180°C fan-forced. Line a small roasting pan with baking paper.

2 Place carrots and cinnamon in prepared pan. Combine maple syrup, garlic, ginger and oil in a small jug. Drizzle over carrots. Toss to coat. Season with salt and pepper.

3 Roast for 40 to 50 minutes, turning halfway through, until carrots are golden and tender. Serve topped with coriander.

NUTRITION: (per serve) 261kJ; 2.4g fat; 0.3g sat fat; 0.6g protein; 8.4g carbs; 3.1g fibre; 0mg chol; 61mg sodium.

Lemon and pistachio roasted potatoes

Serves 8

Prep 10 minutes **Cook** 1 hour

1.5kg baby cream delight potatoes

2 garlic cloves, unpeeled

¼ cup lemon-infused extra virgin olive oil

¼ cup pistachio kernels, roughly chopped

Fresh flat-leaf parsley leaves, to serve

1 Preheat oven to 200°C/180°C fan-forced. Line a small roasting pan with baking paper.

2 Place potatoes in a large saucepan of water over high heat. Cover. Bring to the boil. Boil for 5 minutes or until potatoes are just tender (see notes). Drain well. Transfer to prepared pan. Add garlic and 2 tablespoons oil. Toss to coat. Season with salt and pepper.

3 Roast for 45 minutes, turning potatoes halfway through, or until golden and crispy. Add pistachios to pan. Roast for a further 5 minutes.

4 Squeeze garlic from skins (see notes). Discard skins. Finely chop garlic. Place in a small bowl. Add remaining oil. Whisk with a fork to combine. Drizzle over potatoes. Toss to coat. Serve sprinkled with parsley.

NUTRITION: (per serve) 908kJ; 9.3g fat; 1.2g sat fat; 5.3g protein; 25.4g carbs; 4.2g fibre; 0mg chol; 50mg sodium.

Cook's notes

- Boil potatoes until their skins start to split. This creates delicious crispy skin and also helps to infuse the flavoured oil into the potatoes.
- Use a tea towel to hold the garlic, as it will be very hot.

Middle Eastern spiced lamb

Serves 8

Prep 10 minutes (plus 2 hours marinating and 10 minutes resting)

Cook 35 minutes

¼ cup Masterfoods harissa (Middle Eastern spice blend)

¼ cup extra virgin olive oil

2 garlic cloves, crushed

2 tablespoons chopped fresh coriander leaves

2 x 1.2kg butterflied legs of lamb

Extra fresh coriander sprigs, to serve

1 Combine harissa, oil, garlic and coriander in a bowl. Place lamb, skin-side down, on a board. Rub lamb all over with spice mix. Place in a large glass or ceramic dish. Cover. Refrigerate for at least 2 hours, to allow flavours to develop (see note).

2 Preheat a barbecue plate or grill (with hood) on high heat. Remove lamb from dish. Reduce heat to medium-high. Barbecue lamb, skin-side down, for 10 minutes. Turn and cook for 5 minutes. Reduce heat to medium-low. Cover lamb with barbecue hood. Cook for a further 15 to 20 minutes for medium or until lamb is cooked to your liking. Remove from heat. Cover loosely with foil. Set aside to rest for 10 minutes.

3 Slice lamb. Season with salt and pepper. Serve sprinkled with extra coriander.

NUTRITION: (per serve) 2165kJ; 28.5g fat; 9.2g sat fat; 62g protein; 3.5g carbs; 0.2g fibre; 210mg chol; 525mg sodium. >

Cook's note Remove lamb from fridge 15 minutes before cooking.

\$1.15
per serve

gluten
free

low fat
low kilojoule
heart friendly

Sticky, maple
cinnamon
roasted carrots

Like a little sauce with your lamb? Serve with a drizzle of tahini to add a nutty flavour.



\$0.91
per serve

gluten
free

JUST
FIVE
INGREDIENTS

heart friendly
Lemon and pistachio
roasted potatoes

high in iron
Middle Eastern
spiced lamb

JUST
FIVE
INGREDIENTS

\$6.96
per serve

barbecue

Easter timeplan

FOR GOOD FRIDAY

1 day ahead

- Make step 2 of Hot cross buns with whipped honey pecan butter. Place in an airtight container. Refrigerate. (Remove butter from fridge 1 hour before serving, to soften.)

30 minutes before serving

- Make steps 1 and 2 of Barbecued seafood platter with smoked paprika and lime aioli.

Just before serving

- Complete Hot cross buns with whipped honey pecan butter.
- Complete Barbecued seafood platter with smoked paprika and lime aioli.

FOR EASTER SATURDAY

3 hours before guests arrive

- Make steps 2 and 3 of Spice-roasted chicken with spinach and garlic yoghurt. Cover and refrigerate. Remove from fridge 15 minutes before cooking.

- Cook spinach for Spinach and garlic yoghurt. Cool completely. Transfer to a bowl. Cover and refrigerate.

2 hours before guests arrive

- Make step 2 of Oven-baked buttery scrambled eggs with smashed avocado. Cover and refrigerate.
- Make step 1 of the Crunchy cos and fennel salad with red grapefruit dressing.

2 hours before serving

- Complete Spice-roasted chicken with spinach and garlic yoghurt.

Just before serving

- Complete Oven-baked buttery scrambled eggs with smashed avocado.
- Complete Crunchy cos and fennel salad with red grapefruit dressing.

FOR EASTER SUNDAY

1 day ahead

- Make step 1 of Middle Eastern spiced lamb.
- Make Burnt-orange toffee cheesecake to the end of step 4.

1 hour before serving

- Make Sticky maple cinnamon roasted carrots.
- Make Lemon and pistachio roasted potatoes.

30 minutes before serving

- Complete Middle Eastern spiced lamb.

Just before serving

- Complete Burnt-orange toffee cheesecake.

Burnt-orange toffee cheesecake

Serves 12

Prep 25 minutes (plus cooling and overnight refrigeration)

Cook 1 hour 10 minutes

250g packet Butternut Snap biscuits

2 teaspoons finely grated orange rind

⅓ cup hazelnut meal

75g butter, melted

750g cream cheese, softened

1 cup caster sugar

3 eggs

¼ cup caramel spread

1 orange, peeled, sliced

2 tablespoons brown sugar

1 Preheat oven to 150°C/130°C fan-forced. Grease a 22cm-round (base) springform pan. Line base and side with baking paper.

2 Using a food processor, process biscuits until finely chopped. Add orange rind and hazelnut meal. Process until well combined. Add butter. Process until combined. Press mixture over base of prepared pan. Refrigerate for 10 minutes.

3 Meanwhile, using an electric mixer, beat cream cheese and caster sugar together for 5 minutes or until light and fluffy. Add eggs, 1 at a time, beating until combined after each addition. Pour mixture over prepared base. Drizzle with caramel. Using a butter knife, swirl caramel through top of mixture. Place pan on a baking tray with sides.

4 Bake for 50 minutes to 1 hour or until top of cheesecake is just firm (mixture will wobble slightly in centre). Turn off oven. Cool cheesecake in oven with door slightly ajar (see note). Refrigerate

for at least 6 hours or overnight, if time permits.

5 Remove cheesecake from pan and place on a serving plate. Preheat grill on high. Line a baking tray with foil. Toss orange slices and brown sugar together in a bowl, to coat. Place oranges on prepared tray. Drizzle over any liquid from bowl. Grill for 5 to 7 minutes or until top of orange slices are golden and caramelised, and edges start to char.

6 Top cheesecake with orange slices. Serve.

NUTRITION: (per serve) 2086kJ; 33.5g fat; 21.7g sat fat; 7.9g protein; 41g carbs; 1.2g fibre; 124mg chol; 410mg sodium.

Cook's note Top of cheesecake will crack on cooling.

\$1.72
per serve

Burnt-orange
toffee cheesecake

Woolies has everything you need for Easter!

Shop at your local Woolworths or visit woolworths.com.au Woolworths

Everything for Easter

Need more ideas for Easter lunch? Woolies has you covered

1 Crunchy noodle and tiger prawn salad, for 8

Peel 1.5kg **Woolworths Cooked Aussie Tiger Prawns**, leaving tails intact. Toss prawns with ½ small red cabbage, shredded, 100g snow peas, shredded, 1 large red capsicum, sliced, 4 green onions, sliced, ¾ cup fresh coriander leaves and 100g fried noodles. Drizzle with ½ cup Asian salad dressing and gently toss to combine. Serve.

2 Crispy-skinned caper and dill salmon, for 8

Use paper towel to pat the skin dry of 8 x 200g **Woolworths Fresh Tasmanian Atlantic Salmon Fillets Skin On**. Rub with ¼ cup extra virgin oil, then 1 tablespoon sea salt flakes. Combine 2 tablespoons each extra virgin olive oil and lemon juice, 2 teaspoons finely grated lemon rind, 2 crushed garlic cloves, 1 tablespoon chopped capers and 1 tablespoon chopped fresh dill. Season with salt and pepper. Cook salmon, skin-side down, on a heated barbecue plate over medium-high heat for 3 to 4 minutes or until crispy. Turn and cook, brushing with caper and dill mixture, for a further 4 to 5 minutes or until cooked to your liking. Serve.

3 Sweet chilli mayo chicken club sandwiches, for 6

Toast 18 slices of a **Woolworths Sliced Loaf varieties 650-680g** until golden. Combine ⅔ cup mayonnaise and 2 tablespoons sweet chilli sauce in a small bowl. Spread 6 slices of toast with a little mayonnaise mixture. Top each with 1 torn cos lettuce leaf, 2 slices avocado and 2 slices cooked chicken. Sandwich each with 1 slice toast. Spread with a little mayonnaise mixture. Top each with 1 cooked and crispy shortcut

bacon rasher, 2 slices tomato and 1 torn cos lettuce leaf. Spread remaining slices of toast with remaining mayonnaise mixture. Sandwich, mayo-side down, onto lettuce. Cut in half. Serve.

4 Peach Melba hot cross bun crumble

Roughly chop 4 **Woolworths Created with Jamie Stem Ginger Hot Cross Buns**. Toss with ½ cup brown sugar, 80g melted butter and 2 teaspoons mixed spice. Drain 2 x 825g cans peach slices. Toss with 1 cup frozen raspberries in a large baking dish. Top with hot cross bun mixture. Bake at 180°C/160°C fan-forced for 25 to 30 minutes or until crumble is golden and toasted. Serve with custard.

5 Strawberries and cream hot cross bun ice-cream cake

Slightly soften 1 litre vanilla ice-cream. Leaving 6 **Woolworths Select Hot Cross Buns** in a slab, use a bread knife to cut buns in half horizontally. Place base on a serving plate. Working quickly, dollop ice-cream on base, spreading to level. Drizzle with ⅓ cup strawberry conserve and top with 250g sliced fresh strawberries. Sandwich with bun tops. Return to freezer for 30 minutes to set. Cut into portions and drizzle with maple syrup or balsamic glaze.

For all your Easter needs, shop at your local Woolworths or visit woolworths.com.au.



1



Woolworths Cooked Aussie Tiger Prawns

2



Woolworths Fresh Tasmanian Atlantic Salmon Fillets Skin On



3

Woolworths Sliced Loaf varieties 650-680g

4



Woolworths Created with Jamie Stem Ginger Hot Cross Buns

5



Woolworths Select Hot Cross Buns

allergy gluten free

cross fit!

Easter isn't Easter without hot cross buns. And now if you're GF, you can indulge, too!

Recipe Amira Georgy **Photography** Andrew Young **Styling** Fiona Sinclair **Food preparation** Lucy Nunes

Gluten-free hot cross buns

Makes 20

Prep 20 minutes (plus 1½ hours proving, and cooling) **Cook** 35 minutes

1 cup milk
½ cup caster sugar
100g butter, chopped
⅔ cup mixed dried fruit
2 cups buckwheat flour
1½ cups brown rice flour
1 cup tapioca flour
2 teaspoons xanthan gum
2 x 7g sachets dried yeast
2 teaspoons ground cinnamon
½ teaspoon ground nutmeg
½ teaspoon allspice
¼ teaspoon ground cloves
2 eggs, lightly beaten
Buckwheat flour, for dusting
Extra ½ cup brown rice flour
2 tablespoons honey, warmed

1 Place milk, sugar, butter and dried fruit in a medium saucepan over medium heat. Cook, stirring occasionally, for 5 minutes or until mixture is almost simmering. Remove from heat. Cool for 15 minutes.

2 Meanwhile, combine flours, xanthan gum, yeast and spices in a large bowl. Make a well in the centre. Add milk mixture and egg. Stir until mixture forms a dough. Turn out dough onto a lightly floured surface. Knead for 10 minutes or until smooth. Place dough in a lightly oiled bowl. Cover with greased plastic wrap. Set aside in a warm place for 1 hour or until doubled in size.

3 Preheat oven to 200°C/180°C fan-forced. Line a large baking tray with baking paper. Divide dough into 20 balls (see note). Using picture as a guide, place dough balls on prepared tray in a round shape. Cover with a clean towel. Set aside for 30 minutes or until buns have risen slightly.

4 Make a paste by combining extra flour and 5 to 6 tablespoons cold water. Transfer to a snap-lock bag. Snip off 1 corner. Pipe crosses on buns. Bake for 20 minutes or until starting to brown. Brush buns gently with honey. Bake for a further

5 to 10 minutes or until golden and cooked through. Serve hot cross buns warm or at room temperature.

NUTRITION: (each) 938kJ; 5.9 fat; 3.4g sat fat; 4.1g protein; 37.7g carbs; 2.6g fibre; 27mg chol; 73mg sodium. ■

Cook's note To get the buns the same size, weigh the dough, divide by 20, then weigh out each portion, so they are all the same.



classic
makeover

\$0.59
each

gluten
free

Gluten-free
hot cross buns

the
Original

Love a firm, crunchy Anzac biscuit? Cook them for 2 to 3 minutes more and let them cool on the tray a little longer.

\$0.10
each

budget
friendly

Traditional
Anzac
biscuits

golden oldies

Young or old, you just can't go past one (or two!) of Kim's traditional Anzac biscuits with a nice hot cuppa!

Traditional Anzac biscuits

Makes 55

Prep 30 minutes (plus cooling)

Cook 30 minutes

200g butter, chopped

½ cup golden syrup

**1½ teaspoons bicarbonate
of soda**

2 cups plain flour

2 cups desiccated coconut

2 cups traditional rolled oats

1½ cups brown sugar

- 1 Preheat oven to 180°C/160°C fan-forced. Grease 4 large baking trays and line with baking paper.
- 2 Place butter, golden syrup and 2 tablespoons water in a saucepan over medium-high heat. Cook for 5 minutes or until melted. Bring to the boil. Remove from heat. Stir in bicarb. Stand for 2 minutes to cool slightly.
- 3 Combine flour, coconut, oats and sugar in a large heatproof bowl. Make a well in the centre. Add butter mixture.

Mix well to combine. Roll level tablespoons of mixture into balls. Place, 3cm apart, on prepared trays. Flatten balls.

4 Bake biscuits, 2 trays at a time, swapping position of trays halfway through cooking, for 10 to 12 minutes or until golden and just firm to touch. Cool on trays for 5 minutes. Transfer to a wire rack lined with baking paper to cool completely. Serve.

NUTRITION: (each) 416kJ; 5.1g fat; 3.6g sat fat; 1.2g protein; 12g carbs; 0.9g fibre; 5mg chol; 71mg sodium. ■



winner!

Home Cook Hero

We loved the flavours in these Filipino-style spring rolls from Best Recipes member Sarah Lewis

Lumpia – Filipino version of spring rolls

Makes 40

Prep 40 minutes (plus cooling)

Cook 50 minutes

$\frac{1}{3}$ cup rice bran oil

1 brown onion, finely chopped

2 garlic cloves, finely chopped

500g beef mince

350g green beans, trimmed, cut diagonally into 3cm pieces

2 celery stalks, cut into matchsticks

2 medium carrots, cut into matchsticks

3 (450g) potatoes, peeled, cut into 1cm cubes

2 tablespoons soy sauce

$\frac{1}{4}$ cup kecap manis

250g bean sprouts, trimmed

2 x 300g packets frozen spring roll wrappers, thawed

Sweet chilli sauce or extra kecap manis, to serve

1 Heat $\frac{1}{2}$ the oil in a large non-stick frying pan over medium-high heat. Add onion and garlic. Cook, stirring, for 2 minutes or until fragrant. Add mince. Cook, breaking up with a wooden spoon, for 5 minutes or until browned and cooked through.

2 Add beans, celery and carrot. Cook, stirring occasionally, for 2 minutes. Add potato, soy sauce and kecap manis. Cook, stirring occasionally, for 1 minute. Cover. Reduce heat to low. Cook for 5 minutes or until potato is just tender. Add bean sprouts. Cook for a further 1 minute.

Season with salt and pepper. Remove from heat. Transfer mixture to a colander or large sieve set over a bowl to drain. Allow to cool.

3 Place 1 spring roll wrapper, with 1 corner facing you, on a flat surface. Place 2 tablespoons mince mixture in centre. Fold in sides of wrapper. Fold over bottom corner. Roll up firmly from bottom to top, enclosing filling. Brush top corner with a little cold water to secure. Repeat to make 40 spring rolls.

4 Heat remaining oil in pan over medium-high heat. Cook spring rolls, in batches, turning, for 3 to 4 minutes or until golden, adding extra oil to pan, if needed. Transfer to a wire rack set over a baking tray lined with paper towel to drain. Serve spring rolls with sweet chilli sauce or extra kecap manis.

NUTRITION: (each) 412kJ; 2.8g fat; 0.9g sat fat; 4.7g protein; 12.8g carbs; 1.4g fibre; 7mg chol; 183mg sodium. ■



\$0.46
each

Asian

Lumpia – Filipino version of spring rolls

NAME:

Sarah Lewis

PROFILE

NAME:

sarahlyn

THEME:

Summer
Entertaining
recipes



Recipe: Lumpia – Filipino version of spring rolls.

What inspired you to create this recipe? “My dad and sister have cooked these spring rolls ever since I can remember. It was our comfort food, and over the years I developed my own style of making them.”

we also liked...

A big thank you to all of you who submitted your fabulous recipes into December's Summer Entertaining competition. Here are some of our favourites...



Coconut chicken salad

Profile name: millenchicky

From the other home cooks' positive reviews, we knew we had to try this Asian-inspired salad at judging. We loved the bright colours! The recipe is easily doubled or tripled.



Mango and coconut parfait

Profile name: elorac

Mango and coconut is a classic summer combination, and these parfaits didn't disappoint. We loved the crunchy macadamias sprinkled on top, and the Persian fairy floss added a special touch.



Grilled pineapple skewers

Profile name: blb003

We enjoyed the spicy, sweet and sour combo of these simple pineapple skewers. You could serve them as healthy finger food or a fresh side with grilled chicken or fish.



Chicken quinoa salad with orange, pumpkin and feta

Profile name: bakeplaysmile

Summer parties don't have to equal overindulgence. We thought this light salad would make the perfect healthy dish to bring to a friend's party.



Vanilla bean panna cotta with mango and white chocolate macadamia truffle

Profile name: sunnysoriano

This dessert will certainly impress your guests! You could also swap the mango for summer berries.



Roasted pumpkin, sweet corn and crab quiche

Profile name: mjrose

Quiches are perfect for picnics and light summer dinners with a simple side salad. We love how flexible this recipe is, as you can swap the crab for any of your favourite seafood.

Are you the next Home Cook Hero?



Best Recipes is looking for the best original recipes created by Aussie home cooks. Share your recipe creations and be in the running to win \$1000, have your recipe published in *Super Food Ideas* and be featured as Australia's Home Cook Hero*! Turn the page for inspiration for this month's theme, Chocolate Lovers!

*Competition opens on 01/10/14 and closes on 31/08/15. Only one winner per household (except in SA). Monthly prize is \$1000. Winners will be the most original and creative entry as judged on the last day of each month. Winners will be notified within 2 weeks of judging. This is a game of skill. Promoter is NewsLifeMedia Pty Ltd (ABN: 57 088 923 906) 2 Holt St, Surry Hills, NSW 2010. Winners are required for interview with Promoter, which may be published. For full terms, visit bestrecipes.com.au.



\$0.50
per square

Chewy
Tim Tam
brownies



Chewy Tim Tam brownies

Makes 20 squares

Prep 15 minutes

(plus cooling)

Cook 45 minutes

150g butter, chopped

180g block dark chocolate, chopped

185g packet double choc-vanilla

Tim Tam biscuits

$\frac{3}{4}$ cup caster sugar

$\frac{3}{4}$ cup brown sugar

3 eggs, lightly beaten

this month's theme: chocolate lovers

Tim Tams and brownies? Chocolate and chocolate! Be inspired by Kim's match-making skills and enter your own chocolate-loving recipe into this month's Home Cook Hero competition

2 tablespoons Dutch-processed cocoa powder, plus extra for dusting
 $1\frac{1}{3}$ cups plain flour

1 Preheat oven to 180°C/160°C fan-forced. Grease a 16cm x 26cm (base) slice pan. Line base and sides with 2 layers of baking paper, extending paper 2cm above edges of pan.
2 Place butter and chocolate in a saucepan over medium heat. Cook, stirring occasionally, for 5 minutes or until melted and combined. Transfer to a heatproof bowl. Set aside for 10 minutes to cool.

3 Meanwhile, cut each biscuit into 4 slices.
4 Stir sugars into cooled chocolate mixture. Stir in egg, then sifted cocoa and flour. Stir in biscuits. Pour mixture into prepared pan. Level top with a spatula, pushing biscuit pieces into batter.
5 Bake for 35 to 40 minutes or until centre of brownie is firm to touch. Cool completely in pan. Dust with extra cocoa. Cut into squares. Serve.
NUTRITION: (per square) 1035kJ; 12.2g fat; 7.4g sat fat; 3.1g protein; 31.8g carbs; 0.4g fibre; 40mg chol; 83mg sodium.



\$1.12
per serve

Mississippi
mud cake

WIN!

\$1000 AND YOUR RECIPE PUBLISHED*

The Home Cook Hero theme for March is Chocolate Lovers. To be in the running to win \$1000 and have your recipe published in *Super Food Ideas* magazine, visit bestrecipes.com.au and enter your original recipe.

*Competition opens on 01/10/14 and closes on 31/08/15. Only one winner per household (except in SA). Monthly prize is \$1000. Winners will be the most original and creative entry as judged on the last day of each month. Winners will be notified within 2 weeks of judging. This is a game of skill. Promoter is NewsLifeMedia Pty Ltd (ABN: 57 088 923 906) 2 Holt St, Surry Hills, NSW 2010. Winners are required for interview with Promoter, which may be published. For full terms, visit bestrecipes.com.au.



BestRecipes.com.au

Mississippi mud cake

Serves 16

Prep 30 minutes (plus cooling and 20 minutes standing) Cook 2 hours

250g butter, chopped

180g block dark chocolate, chopped

½ cup milk

1 tablespoon instant espresso coffee powder

¼ cup bourbon whiskey

1¾ cups caster sugar

1½ cups plain flour

⅓ cup self-raising flour

¼ cup cocoa powder

2 eggs, lightly beaten

2 cups white marshmallows, halved
(see note)

Extra 1 tablespoon milk

Chocolate sauce

180g block dark chocolate, chopped

⅓ cup thickened cream

1 Place butter, chocolate, milk, ¼ cup water, coffee, whiskey and sugar in a large

saucepan over medium-low heat. Cook, stirring occasionally, for 5 to 6 minutes or until mixture is smooth and combined. Set aside to cool completely.

2 Preheat oven to 160°C/140°C fan-forced. Grease a 4cm-deep, 19cm square cake pan. Line base and sides with 2 layers of baking paper.

3 Sift flours and cocoa powder over cooled chocolate mixture. Stir well to combine. Stir in egg. Pour mixture into prepared pan.

4 Bake for 1 hour 30 minutes to 1 hour 45 minutes or until a skewer inserted into centre of cake comes out with moist crumbs clinging. Cool completely in pan.

5 Remove cake from pan and place, top-side up, on a baking tray.

6 Place marshmallow and extra milk in a heavy-based saucepan over medium heat. Cook, stirring constantly, for 2 to 3 minutes or until marshmallow has melted and mixture is smooth. Transfer

to a heatproof bowl. Stand for 20 minutes or until thickened slightly.

7 Preheat grill on high heat. Spread mixture over top of cake. Grill for 1 to 2 minutes or until marshmallow mixture just starts to turn golden. Set aside to cool.

8 Meanwhile, make Chocolate sauce Place chocolate and cream in a microwave-safe bowl. Microwave on HIGH (100%), stirring with a metal spoon every 30 seconds, for 1 to 2 minutes or until smooth and combined. Set aside for 20 minutes to cool.

9 Drizzle chocolate sauce over top of cake. Serve immediately.

NUTRITION: (per serve) 2016kJ; 24.3g fat; 15.4g sat fat; 5.1g protein; 59g carbs; 0.7g fibre; 53mg chol; 170mg sodium. ➤

Cook's note You'll need 1 x 50g packet marshmallows. Use the white ones. Store remainder in an airtight container.

Make this tart even more decadent by adding chopped dark or white chocolate to the filling mixture.

\$0.77
per serve

Goosey chocolate
hazelnut tart

Goosey chocolate hazelnut tart

Serves 12

Prep 25 minutes

(plus 30 minutes refrigeration, and cooling)

Cook 55 minutes

1½ cups plain flour

⅓ cup icing sugar mixture

2 tablespoons cocoa powder

⅓ cup hazelnut meal

125g butter, chopped

1 egg yolk

1 tablespoon iced water

½ cup chocolate-hazelnut spread

Extra 2 tablespoons chocolate-hazelnut
spread, warmed, to serve

1 litre vanilla ice-cream,
to serve

Filling

2 eggs

1 cup caster sugar

2 teaspoons vanilla essence

¼ cup plain flour, sifted

⅓ cup cocoa powder, sifted

150g butter, melted, cooled slightly

1 Place flour, icing sugar, cocoa, hazelnut meal and butter in a food processor. Process until combined. Add egg yolk and water. Process until dough just comes together. Shape dough into a disc. Wrap in plastic wrap. Refrigerate for 30 minutes.

2 Preheat oven to 200°C/180°C fan-forced. Grease a 3cm-deep, 24cm round loose-based fluted flan tin.

3 Roll out pastry between 2 sheets of baking paper until large enough to line base and side of prepared tin. Push pastry into tin. Trim edges. Place on a baking tray. Line pastry with baking paper and fill with pie weights or uncooked rice.

4 Bake for 10 minutes. Remove baking paper and weights or rice. Bake for a further 5 minutes. Cool for 15 minutes.

Spoon hazelnut spread over base of pastry case, spreading to level. Cool completely.

5 Reduce oven to 180°C/160°C fan-forced.

6 Make Filling Using an electric mixer, beat eggs and sugar until thick and creamy. Add vanilla. Beat to combine. Add sifted flour and cocoa. Beat until just combined. Gradually beat in butter until combined. Pour mixture into pastry case (see note).

7 Bake for 40 minutes or until filling is just firm to touch. Cool in pan. Drizzle tart with extra hazelnut spread and serve with ice-cream.

NUTRITION: (per serve) 2017kJ; 32.1g fat; 18g sat fat; 8.5g protein; 39.3g carbs; 1.7g fibre; 84mg chol; 252mg sodium.

Cook's note Mixture will come to the top of pastry edge.



\$1.44
per serve

Chocolate on
chocolate cake

Chocolate on chocolate cake

Serves 20

Prep 30 minutes (plus cooling and 50 minutes refrigeration)

Cook 1 hour 45 minutes

250g butter, chopped

½ cup milk

180g block dark chocolate, chopped

1 cup caster sugar

1 cup brown sugar

3 eggs, lightly beaten

1 cup plain flour, sifted

1½ cups self-raising flour, sifted

¼ cup cocoa powder, sifted

1 x 46g Picnic chocolate bar, finely chopped

⅓ cup caramel spread

Extra 2 x 46g Picnic chocolate bars, chopped, to decorate

Milk chocolate ganache

2 x 220g blocks milk chocolate, chopped

1 cup thickened cream

Dark chocolate ganache

½ x 180g block dark chocolate, chopped
¼ cup thickened cream

1 Place butter, milk, chocolate, ¾ cup water and sugars in a saucepan over medium heat. Cook, stirring occasionally, for about 10 minutes or until smooth and combined. Set aside to cool completely.

2 Preheat oven to 160°C/140°C fan-forced. Grease a 6cm deep, 22cm round cake pan. Line base and side with 2 layers of baking paper.

3 Stir egg into chocolate mixture until combined. Add sifted flours and cocoa. Mix well. Pour mixture into prepared pan. Bake for 1 hour 30 minutes or until a skewer inserted into centre of cake comes out clean. Cool completely in pan.

4 Make Milk chocolate ganache Place chocolate and cream in a microwave-safe bowl. Microwave on HIGH (100%), stirring with a metal spoon every 30 seconds, for 2

to 3 minutes, or until smooth. Refrigerate for 30 minutes or until mixture is a thick spreadable consistency.

5 Cut cake in half horizontally. Place cake base on a serving plate. Spread with ⅓ of the milk chocolate ganache. Top with finely chopped Picnic bar and dollop with caramel spread. Top with remaining cake half. Spread remaining milk chocolate ganache over top and side of cake.

6 Make Dark chocolate ganache Place chocolate and cream in a microwave-safe bowl. Microwave on HIGH (100%), stirring with a metal spoon every 30 seconds, for 1 to 2 minutes or until smooth. Refrigerate for 20 minutes or until cooled and thickened slightly.

7 Spread top of cake with dark chocolate ganache. Decorate with extra chopped Picnic bars. Serve.

NUTRITION: (per serve) 2253kJ; 30.3g fat; 18.6g sat fat; 7g protein; 60.2g carbs; 0.7g fibre; 69mg chol; 239mg sodium. ■

in no time flat

Forget endless kneading and fiddly breadmakers! Flatbread is easy to make and there are so many varieties to try. Here are three of our favourites

Recipes Claire Brookman **Photography** Guy Bailey **Styling** Marie-Helene Clauzon **Food preparation** Sarah Allchurch

\$0.44
each

Garlic naan

Naan is great served with Indian curries and lots of condiments.

Garlic naan

Makes 6

Prep 30 minutes (plus 1 hour 40 minutes standing)

Cook 16 minutes

75g ghee (see note)

1 garlic clove, sliced

1½ teaspoons dried yeast

1½ teaspoons caster sugar

¾ cup warm water

1⅔ cups plain flour

1½ teaspoons salt

¼ cup plain Greek-style yoghurt

Plain flour, for dusting

1 Place ½ the ghee in a small saucepan over low heat. Cook for 1 to 2 minutes or until melted. Add garlic. Cook for 30 seconds or until fragrant. Transfer to a heatproof bowl. Set aside.

2 Combine yeast and sugar in a small bowl. Add warm water. Whisk to dissolve yeast. Cover. Stand in a warm place for 10 minutes or until frothy.

3 Place remaining ghee in a small saucepan over low heat. Heat for 1 to 2 minutes or until melted. Remove from heat. Sift flour and salt into a bowl. Add yeast mixture, yoghurt and melted ghee. Stir with a butter knife until a soft dough forms. Turn out onto a floured surface. Knead for 5 minutes or until smooth.

4 Place dough in a large lightly oiled bowl. Cover. Stand in a warm place for 1 hour 30 minutes or until doubled in size. Punch down dough. Turn out onto a floured surface. Knead for 5 minutes or until smooth and elastic. Divide into 6 portions. Using a rolling pin, roll out each portion into a 20cm oval.

5 Remove and discard garlic from ghee. Heat a frying pan over high heat. Lightly brush 1 side of 1 oval with ghee mixture. Cook, ghee-side down, for 1 minute or until golden. Brush oval with more ghee mixture. Turn. Cook for a further 1 minute or until golden and puffed. Wrap in a clean tea towel to keep warm. Repeat with remaining dough and ghee mixture. Serve warm.

NUTRITION: (each) 1153kJ; 14.3g fat; 9.2g sat fat; 5.1g protein; 30.7g carbs; 1.7g fibre; 39mg chol; 633mg sodium.

Cook's note Ghee is clarified butter and can be found with the Indian pastes at the supermarket.

These Greek pita breads are great for wraps, or with slow-cooked lamb and salad.

\$0.11
each

low saturated fat
Flour tortillas

Use these tortillas for burritos or quesadillas – don't forget the guacamole!

\$0.19
each

low fat
low saturated fat
Pita bread

Flour tortillas

Makes 6

Prep 30 minutes (plus 30 minutes standing) **Cook** 8 minutes

1½ cups plain flour

½ teaspoon salt

⅓ cup vegetable oil

⅓ cup warm water

Plain flour, for dusting

1 Place flour, salt and vegetable oil in a food processor. Process until mixture resembles fine breadcrumbs. Add warm water. Process until mixture just comes together. Turn out onto a lightly floured surface. Gently knead for 2 minutes or until mixture is smooth. Divide mixture into 6 balls. Place on a lightly oiled plate. Cover with plastic wrap. Stand for 30 minutes to rest.

2 Using a lightly floured rolling pin, roll out each ball into an 18cm round.

3 Heat a non-stick frying pan over high heat. Cook 1 dough round for 30 to 45 seconds or until beginning to puff up and brown patches appear on underside. Turn. Cook for a further 30 seconds or until beginning to puff up

and brown patches appear on underside. Wrap in a clean tea towel to keep warm. Repeat with remaining dough. Serve.

NUTRITION: (each) 1015kJ; 13.1g fat; 1.7g sat fat; 4g protein; 26.5g carbs; 1.4g fibre; 0mg chol; 203mg sodium.

Pita bread

Makes 4

Prep 30 minutes (plus 1 hour 40 minutes standing) **Cook** 12 minutes

1 teaspoon dried yeast

1 teaspoon caster sugar

½ cup warm water

1½ cups plain flour

1 teaspoon salt

1 teaspoon extra virgin olive oil

Plain flour, for dusting

1 Combine yeast and sugar in a small bowl. Add warm water. Whisk to dissolve yeast. Cover. Stand in a warm place for 10 minutes or until frothy.

2 Sift flour and salt into a large bowl. Add yeast mixture and oil. Stir with a butter knife until a rough dough forms. Turn out onto a floured surface. Knead for 5 minutes or until smooth and elastic.

3 Place dough in a large lightly oiled bowl. Cover. Stand in a warm place for 1 hour 30 minutes or until doubled in size.

4 Preheat oven to 230°C/210°C fan-forced. Punch down dough. Turn out onto a floured surface. Divide into 4 portions. Using a lightly floured rolling pin, roll out 1 portion into a 16cm round.

5 Place a baking tray or pizza stone in oven for 10 minutes or until hot. Place 1 dough round on hot tray. Bake for 3 minutes or until golden and puffed like a balloon. Remove from oven. Wrap in a clean tea towel to keep warm (see notes). Repeat with remaining dough. Serve with Greek salad (see notes).

NUTRITION: (each) 882kJ; 1.8g fat; 0.3g sat fat; 6.1g protein; 40.9g carbs; 2.1g fibre; 0mg chol; 607mg sodium. ■

Cook's notes

- Bread should deflate on cooling, or you can lightly press with a clean tea towel to deflate.
- Pita bread is best served on the day you make it.

rabbit food

Get creative in the kitchen and make this Easter one to remember with Claire's adorable sweets – hop to it!

Recipes Claire Brookman **Photography** Andrew Young **Styling** Bhavani Konings **Food preparation** Sarah Allchurch



\$0.45
per serve

Bunny cake

Bunny cake

Serves 12

Prep 1 hour (plus cooling)

Cook 45 minutes

You'll need fabric bunny ears (see notes).

125g butter, softened

$\frac{3}{4}$ cup caster sugar

2 eggs, lightly beaten

$\frac{1}{2}$ cup desiccated coconut

$\frac{1}{4}$ cups self-raising flour

$\frac{1}{2}$ cup milk

1 white marshmallow puff (see notes)

$\frac{1}{2}$ cups shredded coconut

2 Clinkers (see notes)

Rich chocolate fudge writing icing

1 musk stick, halved crossways

Mini foil-wrapped chocolate Easter eggs (optional), to serve

Buttercream

125g unsalted butter, softened

$\frac{1}{2}$ cups icing sugar mixture

1 tablespoon milk

1 Preheat oven to 180°C/160°C fan-forced. Grease a 7cm-deep, 20cm round cake pan. Line base and side with baking paper.

2 Using an electric mixer, beat butter and sugar until light and fluffy. Add egg. Beat until combined. Add $\frac{1}{2}$ the coconut, flour and milk, stir until just combined. Add remaining coconut, flour and milk. Stir until just combined. Pour mixture into prepared pan. Bake for 45 minutes or until a skewer inserted into the centre comes out clean. Cool in pan for 5 minutes. Turn, top-side up, onto a wire rack to cool completely.

3 Make Buttercream Using electric mixer, beat butter until pale and fluffy (about 5 minutes). Gradually add icing sugar and milk, beating constantly until combined.

4 Using a serrated knife, cut cake in half to make 2 semi-circles. Spread 1 cake half with $\frac{1}{4}$ cup buttercream. Sandwich with remaining cake half and place, cut-side down, on a cake board. Cover cake and marshmallow puff with icing. Press marshmallow onto 1 end of cake to form a tail. Pat cake and marshmallow with coconut to coat all over.

5 Cut Clinkers in half crossways. Discard 1 pink piece. Push remaining pink piece of Clinker, cut-side up, into icing to form a nose on the front of cake. Lightly press remaining pieces of Clinker onto front of cake to form eyes. Use writing icing to form pupils. Thinly slice musk stick pieces lengthways. Lightly press 3 pieces on each side of the nose to form whiskers. Push fabric ears into top of cake (see notes). Arrange Easter eggs around bunny, if using. Serve.

NUTRITION: (per serve) 1816kJ; 26.1g fat; 18.2g sat fat; 4.3g protein; 47.4g carbs; 1.3g fibre; 61mg chol; 200mg sodium.

Cook's notes

- We used fabric bunny ears from a headband. Position the ears on the cake just before serving.
- Marshmallow puffs are larger than regular marshmallows. We used Coles Smart Buy brand, but you could also use the Black & Gold brand, from IGA.
- We used 1 pink and 1 yellow Clinker.

Chocolate crackle surprise eggs

Makes 4

Prep 30 minutes (plus 2 hours 30 minutes refrigeration)

Cook 3 minutes

$\frac{1}{4}$ cups dark chocolate melts

25g copha

4 cups puffed rice cereal

$\frac{1}{2}$ cup desiccated coconut

Olive oil cooking spray

125g packet candy-coated mini eggs

1 Place $\frac{1}{2}$ cups choc melts and copha in a microwave-safe bowl. Microwave, uncovered, on MEDIUM (50%), stirring every 30 seconds with a metal spoon, for 1 to 2 minutes or until melted and smooth. Add puffed rice and coconut. Stir gently until well combined.

2 Lightly spray eight 8cm x 11.5cm egg-shaped moulds with oil. Spoon $\frac{1}{2}$ cup chocolate mixture into each mould. Press mixture firmly and evenly into moulds to cover. Refrigerate for 2 hours or until set.

3 Carefully remove egg halves from moulds. Place about 10 candy eggs into each of 4 egg halves. Place remaining chocolate in a microwave-safe bowl. Microwave on HIGH (100%), stirring every 30 seconds with a metal spoon, for 1 minute or until smooth. Spoon chocolate into a snap-lock bag. Snip off 1 corner. Pipe chocolate around top edge of remaining egg halves. Lightly press remaining egg halves onto filled egg halves to seal. Refrigerate for 30 minutes or until set. Serve.

NUTRITION: (each) 3010kJ; 36.8g fat; 31g sat fat; 7.8g protein; 86.7g carbs; 1.7g fibre; 4mg chol; 262mg sodium. >

\$2.38
each

JUST
SIX
INGREDIENTS

Chocolate crackle
surprise eggs

Bunny tail biscuits

Makes 12

Prep 1 hour (plus 20 minutes refrigeration, cooling, and 1 hour 20 minutes setting)

Cook 35 minutes

You'll need a 7.5cm round cookie cutter for this recipe.

¾ cup plain flour, plus extra for dusting

¼ cup cocoa powder

¼ cup caster sugar

2 tablespoons Milo

75g chilled butter, chopped

1 egg yolk

½ x 180g block dark chocolate, chopped

¼ cup chocolate dollar sprinkles

1 egg white

½ teaspoon lemon juice

1½ cups pure icing sugar, sifted

Pink liquid food colouring

12 white marshmallow puffs
(see notes, p91)

½ cup shredded coconut

24 mini white marshmallows

24 strawberries and cream lollies

1 Place flour, cocoa, sugar, Milo and butter in a food processor. Process until mixture resembles fine breadcrumbs. Add egg yolk

and 1 tablespoon iced water. Process until mixture just comes together. Turn out onto a lightly floured surface. Gently knead until mixture is smooth. Divide mixture in half. Shape into 2 discs. Wrap in plastic wrap. Refrigerate for 20 minutes.

2 Preheat oven to 170°C/150°C fan-forced. Line 2 large baking trays with baking paper. Roll out 1 dough disc between 2 sheets of baking paper until 5mm thick. Using a 7.5cm round cookie cutter, cut rounds from dough, re-rolling and cutting dough trimmings. Place, 2cm apart, on 1 prepared tray. Bake for 12 to 15 minutes. Cool on tray for 5 minutes. Transfer to a wire rack to cool completely. Repeat with remaining dough disc and baking tray.

3 Place chocolate in a microwave-safe bowl. Microwave, uncovered, on MEDIUM (50%), stirring every minute with a metal spoon, for 1 to 2 minutes or until melted and smooth. Spread each biscuit with chocolate. Decorate with sprinkles. Set aside for 30 minutes or until set.

4 Meanwhile, lightly whisk egg white and lemon juice in a bowl. Gradually add icing sugar to egg white mixture, whisking until smooth and combined. Spoon 2 tablespoons icing mixture

into a separate bowl and tint pale pink with food colouring. Cover surface with damp paper towel. One by one, spread marshmallow puffs with white icing to coat. Toss in coconut. Place on a wire rack set over a tray. Sandwich 2 mini marshmallows together with a little icing. Press to secure. Spread with icing. Toss in coconut to coat. Repeat process with remaining mini marshmallows. Using a little icing and the picture as a guide, attach small marshmallows to the centre of each marshmallow puff to form bunny tails. Lightly press until secure.

5 Using a sharp knife, cut strawberry from strawberries and cream lollies and discard. Spoon pink icing into a snap-lock bag. Snip off 1 corner. Using picture as a guide, pipe icing onto uncut side of cream lollies to form feet. Set aside for 20 minutes or until set. Using white icing, attach each bunny bottom to the centre of each biscuit. Using white icing, attach feet to each bunny. Set aside for 30 minutes or until set. Serve.

NUTRITION: (each) 1267kJ; 10.1g fat; 6.7g sat fat; 3.4g protein; 49.8g carbs; 0.7g fibre; 23mg chol; 74mg sodium.

\$0.85
each

Bunny tail biscuits

Mini chocolate carrots

Makes 6

Prep 1 hour (plus 1 hour refrigeration and 1 hour setting) **Cook** 6 minutes

6 mini waffle cones

180g block dark chocolate, chopped

$\frac{2}{3}$ cup mini marshmallows

50g packet Smarties

$1\frac{1}{2}$ cups Wilton orange candy melts
(see note)

3 teaspoons vegetable oil (optional)

$\frac{1}{4}$ cup orange dollar sprinkles

3 green fruit sticks, halved crossways

1 Place each cone in a tall glass. Use a little scrunched paper towel around the cones to help them stand upright. Place chocolate in a microwave-safe bowl. Microwave, uncovered, on MEDIUM (50%), stirring every 30 seconds

with a metal spoon, for 3 minutes or until melted and smooth. Stand for 5 minutes. Stir in marshmallows and Smarties. Spoon 2 tablespoons of chocolate mixture into each cone. Refrigerate for 1 hour or until set. **2** Place 1 cup candy melts in a microwave-safe bowl. Microwave, uncovered, on MEDIUM (50%), stirring every 30 seconds with a metal spoon, for 2 minutes or until melted and smooth. Stir in 2 teaspoons vegetable oil, if necessary, to form a smooth spreadable mixture. Use a palette knife to spread the outside of each cone with candy mixture. Place cones, top-side down, on a wire rack set over a tray. Sprinkle all over with sprinkles. Set aside for 30 minutes or until set.

3 Place 1 fruit stick on a chopping board. Using picture as a guide and being careful

not to cut all the way through, cut along the grooves, starting 3cm in at 1 end, to form 6 x 3cm long strips. Carefully pull them apart to form stalks. Repeat with remaining fruit sticks. Return cones to tall glasses to stand upright. Place remaining candy melts in a microwave-safe bowl. Microwave, uncovered, on MEDIUM (50%), stirring halfway through with a metal spoon, for 1 minute or until melted and smooth. Stir in 1 teaspoon vegetable oil, if necessary, to form a smooth spreadable mixture. Spoon into a snap-lock bag. Snip off 1 corner. Pipe mixture into the top of each cone. Lightly press 1 fruit stick piece into centre to create a stalk. Stand for 30 minutes or until set. Serve.

NUTRITION: (each) 2394kJ; 26.8g fat; 19.4g sat fat; 4g protein; 79.1g carbs; 0.1g fibre; 0mg chol; 105mg sodium. >

\$2.49
each

Mini chocolate
carrots

Cook's note Find the candy melts at Big W and cake decorating shops.



happy
easter

Little chick cupcakes

Makes 15

Prep 1 hour (plus cooling)

Cook 20 minutes

You'll need yellow paper cases for this recipe.

125g butter, softened

½ teaspoon vanilla extract

½ cup caster sugar

2 eggs

1½ cups self-raising flour

1 cup buttermilk

2 tablespoons yellow sprinkles

⅓ cup yellow sanding sugar

(see note)

30 dark choc chips (about ¼ cup)

2 orange fruit sticks

15 white chocolate melts, halved

Vanilla buttercream

125g unsalted butter, softened

1½ cups icing sugar mixture

1 tablespoon milk

½ teaspoon vanilla extract

1 Preheat oven to 180°C/160°C fan-forced.

Line 15 holes of two 12-hole, ⅓-cup-capacity muffin pans with yellow paper cases.

2 Using an electric mixer, beat butter, vanilla and sugar until light and fluffy. Add eggs, 1 at a time, beating after each addition. Stir in flour and buttermilk until combined. Stir in sprinkles.

3 Spoon mixture among paper cases.

Bake for 18 minutes or until cakes spring back when lightly touched. Stand in trays for 5 minutes. Transfer to a wire rack to cool completely.

4 **Make Vanilla buttercream** Using electric mixer, beat butter in a bowl until pale and fluffy (about 5 minutes). Gradually add icing sugar mixture and milk, beating constantly until combined. Beat in vanilla.

5 Place sanding sugar in a shallow dish. One by one, spread cupcakes with buttercream, then lightly dip in sanding sugar to coat. Using picture as a guide, press 2 choc chips, flat-side up, into each cake to form eyes. Using a toothpick, dot a little icing on each choc chip to form pupils.

Cut 1 orange fruit stick into 30 x 2mm thick slices. Lightly press onto cakes to form feet. Cut remaining orange fruit stick into 15 x 5mm thick slices. Using picture as a guide, cut each slice into a triangle to form a beak shape. Lightly press melt halves onto cakes to form beaks. Lightly press melt halves onto cakes to form wings. Serve.

NUTRITION: (each) 1369kJ; 16.2g fat; 10.7g sat fat; 3.3g protein; 43.2g carbs; 0.5g fibre; 52mg chol; 188mg sodium. ■

Cook's note Yellow sanding sugar is available at cake decorating shops. You could use yellow sprinkles, if preferred.

\$0.70
each

Little chick
cupcakes

You could also use the orange fondant from licorice allsorts to make the feet and beaks.

My Daughter, I Will Love You Always

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Plays the melody 'You Are My Sunshine'



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Exquisite Treasure
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Express your love with
Heirloom Quality

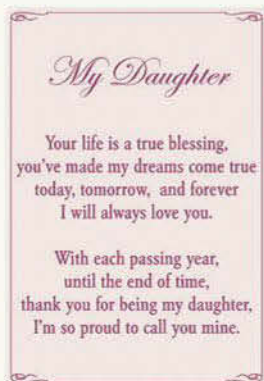
This elegant music box is an exquisite work of art and a meaningful expression of love for a dear daughter. Hand-crafted in a rich mahogany tone, the keepsake is mounted on silvery ball feet and is luxuriously lined in black velvet. The glass lid is decorated with Thomas Kinkadee's beloved "Garden of Prayer" artwork and a loving message from you to her.

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original poem about
the blessings of a
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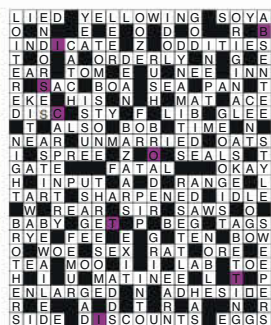
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Solution:

super shelf

Check out these great products in shops and supermarkets



The water works

Water is used in lots of our recipes, so we know how important it is in cooking. By removing the impurities in tap water, filtered water is left clean and clear, and this helps to enhance the flavours of food. Brita 3-way filter tap is simple to install – it just replaces the existing tap – and the filter system is hidden under the sink. For more information, visit betterwithbrita.com.



PERFECT MATCH

If you can't stand the bottomless pit of mismatched plastic containers and lids in your kitchen, it might be time to start afresh with Décor Match-ups basics. Décor has made finding the right lid easy by colour coding their lids and bases – five coloured lids fit 10 coloured bases. Now, why didn't we think of that? Find the containers, which are freezer, microwave and dishwasher safe, at Coles. Visit decor.com.au.

Gold for Gold

Woolworths Gold handcrafted truffle salami is made from Australian pork and Italian black truffles, and last year won gold at the Sydney Royal Fine Food Show and silver at the Melbourne Fine Food Awards. Add it to an antipasto platter with cheeses, relish and crackers. Visit woolworths.com.au.



Take your kick

Kewpie Japanese wasabi mayonnaise has a creamy texture and a real flavour kick, thanks to the addition of wasabi, so it's great to add to sushi and sashimi, as well as salads and stir-fries. Available in a handy squeezable bottle, find the mayonnaise, and other Kewpie mayonnaise and dressing varieties, in the Asian food aisle of Woolworths. Visit oriental.com.au.



THAT'S A WRAP

With a new and improved recipe, Old El Paso mini tortillas are now even softer and more flexible than before! Roll them out next time you're making a cheesy quesadilla, spicy flauta or mouth-watering taco, and you'll soon wish 'taco Tuesday' was every day! For recipe ideas, visit plateful.com.au.



Flavour boost

A drizzle of extra virgin olive oil is an easy way to add flavour to food. We love using Cobram Estate's everyday range, which includes classic, light and infused varieties. Use the mixed herb infused extra virgin olive oil when marinating meats, to add flavour and juiciness! Find the range in supermarkets. Visit cobramestate.com.au.



cafe culture

Finish your meal with Claire's creamy coffee and salty sweet pretzels

Recipes & food preparation Claire Brookman **Photography** Craig Wall **Styling** Julz Beresford

Vienna coffee

Serves 2

Prep 10 minutes

½ cup pure cream

½ cup boiling water

2 double shots (125ml)

hot espresso coffee

Cocoa powder, sifted, to serve

1 Beat cream to soft peaks.

2 Pour boiling water into 2 x 1-cup-capacity heatproof glasses. Pour over coffee. Spoon over cream. Dust with cocoa. Serve with Chocolate-toffee pretzels (see recipe, below).

NUTRITION: (per serve) 2024kJ; 50.8g fat; 31.8g sat fat; 3.6g protein; 3g carbs; 0.08g fibre; 126mg chol; 52mg sodium.

Chocolate-toffee pretzels

Makes 45

Prep 1 hour (plus standing and setting) **Cook** 15 minutes

⅓ cup caster sugar

¼ cup roughly chopped roasted unsalted peanuts

½ x 180g block dark chocolate, chopped

½ x 200g packet pretzels (45 pretzels)

Vienna coffee, to serve (see recipe, left)

1 Line 3 large baking trays with baking paper. Place sugar and 1½ tablespoons cold water in a small saucepan over low heat. Cook, stirring, for 5 minutes or until sugar dissolves (do not boil). Increase heat to medium. Bring to the boil. Cook, without stirring, for 6 to 8 minutes or until mixture turns deep golden. Remove from heat. Stir in peanuts. Pour mixture onto 1 prepared tray. Stand at room temperature until set. Finely chop.

2 Place chocolate in a microwave-safe bowl. Microwave on MEDIUM (50%), stirring with a metal spoon halfway through, for 1 minute or until smooth.

3 Dip half of 1 pretzel into melted chocolate, holding over the bowl to allow excess chocolate to drain. Place on second prepared tray. Sprinkle toffee over chocolate. Repeat with remaining pretzels, chocolate and toffee. Set aside for 30 minutes or until set. Serve with Vienna coffee.

NUTRITION: (each) 127kJ; 0.9g fat; 0.4g sat fat; 0.6g protein; 4.7g carbs; 0.1g fibre; 0mg chol; 29mg sodium. ■



\$0.09
each

Chocolate-toffee pretzels

JUST
FOUR
INGREDIENTS

Takes
10 mins

\$1.83
per serve

JUST
FOUR
INGREDIENTS

Vienna coffee

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